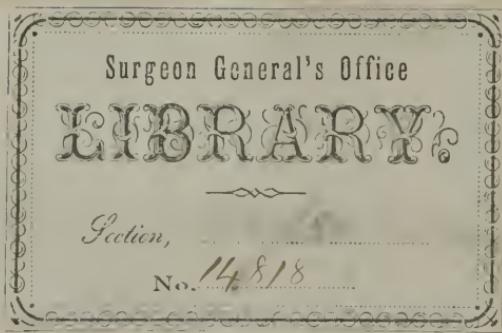
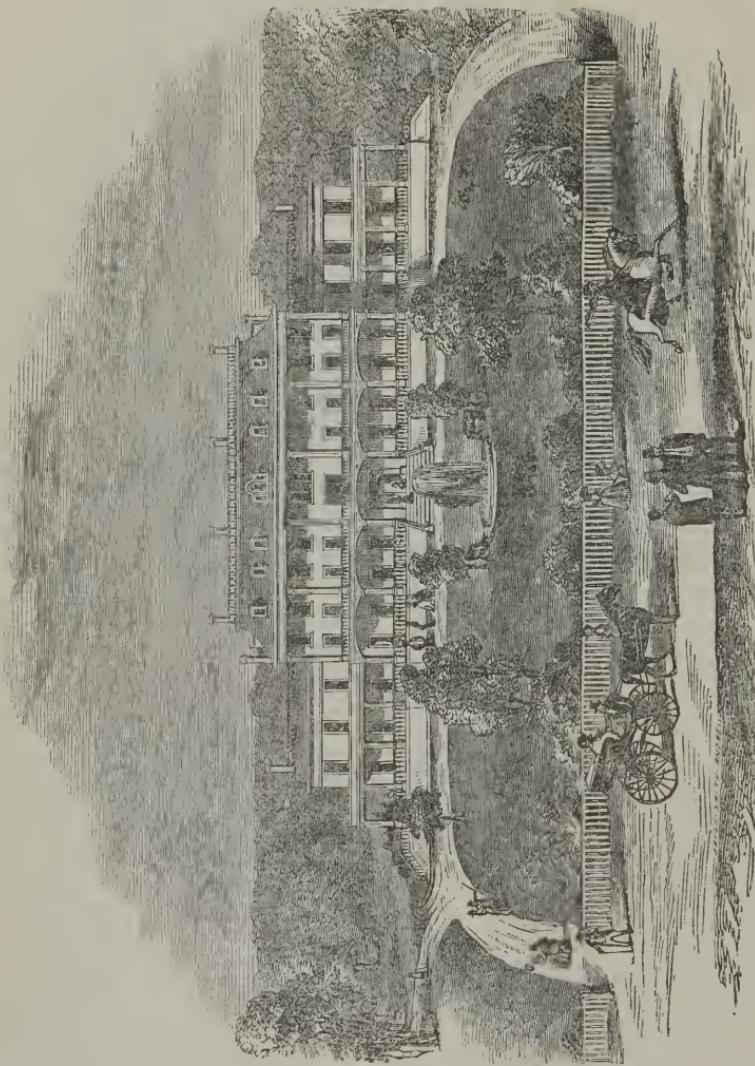


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ORANGE MOUNTAIN HYDROPATHIC INSTITUTION,
AS MODIFIED AND ENLARGED.

REPORT

OF TWO HUNDRED AND FOUR

INTERESTING CASES,

SELECTED FROM AMONG THOSE TREATED

BY

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PRINTED FOR THE AUTHOR.

1853.

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PREFACE.

SOLICITED by several friends, who are also warm advocates of Hydropathy, to publish the results of my extended practice and experience in Water-treatment, I consider it a duty to obey this complimentary request.

I hope my Hydropathic readers will receive this Report in the spirit of candor with which it is prepared and offered, and I feel sure that my readers generally will understand my motive to be, a desire to extend the knowledge of the blessings of Hydropathy, and its power over what are generally regarded as incurable diseases.

Before proceeding to record individual cases, I hope I shall be allowed the privilege of a few general remarks:

Pure cold water is the most effectual means for curing diseases. From its combination of oxygen and hydrogen, it derives the power of changing the nature of organic substances, oxygen promoting their liquidity, and hydrogen their consolidation. Hence it is that no power is equal to water in effecting a cure, or relief. By its strengthening and revivifying power, diseased organs are restored to their normal physiological functions, and by its dissolving quality, the expulsion of morbid matters is effected from many parts of the organism. No medical remedy is so perfect, for none meets those conditions, and none can at any time, or at any age, be employed with equal safety. However, a judicious hydropathist will always take into consideration the vitality present in his patient. A vigorous constitution may be acted upon with all the means at the command of hydropathy, while on the contrary, a feeble constitution must be limited to washings and rubbings. Not till the general health has improved so far as to bear it, do we proceed to a more energetic treatment. This is a most important principle in the water-treatment, and only by conforming to it, will a physician see his efforts crowned with success. In order, though, to ensure success, it is also necessary that the patient should observe a strict dietetic regimen, and keep the regulated hours for certain parts of the treatment. Unless these rules are adhered to, and to which may be added exercise in the open air, drinking water as it gushes from the spring, frequently during the day, and a sufficient perseverance, in cases of long standing, all efforts of the physician will prove fruitless.

For the most part, the patients who subject themselves to the treatment with water, have been under the influence of disease, and under the care of the ablest and most celebrated physicians, for years and years. As a last resort, before they sink into the grave towards which they are hurrying, they resolve to go to a water-cure establishment, and try what water can do for them. Had they done so when first taken sick, it is ten to one that they would have soon recovered. But, after their constitutions are entirely broken down, and deadly medicines lurk in their bodies, it is indeed —to say the least—asking too much of a water physician to be cured or benefited in the course of a few weeks or a couple of months at most. A great many, however, are unreasonable enough so to do. Others there are who cannot be without their customary indulgences: if they cannot have their eggs, toast, and beef-steak, their tea and coffee, their wine or brandy, their cigars, &c., &c., they denounce the whole treatment with water, as a bore and a humbug. Unable to control their appetites,

they secretly gratify them out of the establishment, and getting no better—blame the doctor for it.

With regard to the cure of diseases, I do not hesitate to give it, as my firm conviction, that, provided the disease *is curable*, it may be cured more radically with water than with any known medicines. In this assertion, I am borne out partly by my own experience, and partly by the number of successful cures performed with water alone, both in Europe and in the United States; and which show conclusively that water, when applied judiciously in the different ways used by Hydropathists, is all-sufficient.

There can be no question, that the silver, mercury, arsenic, lead, copper, and what else, which sometimes are contained in medicines, have an injurious effect on the organism of the sick man who has the misfortune to swallow them. They remain in some parts of the body, no matter whether the skin, the bones, the brain, the spinal marrow, the liver or the flesh of the muscles, for many years afterwards. In proof of this, I will mention two incontrovertible facts: the one, that wet sheets and bandages assume the smell and color of, and are even corroded by, such medicines as have been taken in previous sicknesses; the other, that the convalescence of the patients always dates from the day that they get rid of these substances, by way of the critical secretions and boils, produced by the water-treatment.

One of the remarkable effects of water, though already mentioned, is the dissolving and expelling of morbid matter. The principal organ of secretion is undoubtedly the skin; but other organs also take a part in secreting, as, for instance, the kidneys and the intestinal canal, critical vomitings, critical diarrhoeas, critical sedimentary urine, critical ejections of whole membranes, are therefore things of almost daily occurrence to the hydropath. Thus we see the proceedings of Nature clearly, expelling first the morbid matter, which is the cause of disease in the organs affected, and then going on to heal and restore them to their original purposes. These remarks appertain in particular to all abdominal complaints, haemorrhoids, rheumatism, gout, inflammations, &c.

Another beneficent influence of water is, that it has an invigorating, exhilarating and reviving effect upon the debilitated organs of the human body. And, far from being temporary, it goes on increasing, without detriment to be apprehended in future. Even the feeblest patients, who could not, at first, get warm for a long time after mere washings, are gradually enabled to bear colder and colder baths, and to get up a salutary reaction by exercise. Hence the astonishment to see most obstinate nervous diseases, a general debility, or a perfect relaxation of organs, cured or benefited by pure cold water.

At some other time, and with more room to spare than in this report, I may extend my remarks upon that system of cure which I am advocating, and to which I have devoted myself, in preference to others, that many years of theoretical and practical studies have made me acquainted with.

The cases herein reported, I have selected as some of the most interesting from *over four hundred cases* which I have treated within the last two years. A general review of all these cases will afford the results of hydropathic treatment, and show what confidence it may claim from the public at large. I have endeavored to be true and minute in the description, so that sick persons who are similarly affected, may judge for themselves what they probably may have to expect, if they should put their trust in a much abused system.

PART I.

DISEASES OF THE VASCULAR SYSTEM.

CONGESTIO AD CAPUT.

(*Determination of Blood to the Head.*)

Mrs. ——, fleshy and of a strong, plethoric constitution, blue eyes and brown hair.

Has suffered for many years from congestive symptoms. She complains of heaviness and fulness of head, of a constant ache and heat in all parts of it, and of the redness of her face and eyes. Sparks and different colors present themselves to her sight; the least excitement, or walking up hill, causes an immediate congestion of blood to the head, a swelling of the veins of the neck, and a sensation of strangulation. The heart seems to be hypertrophical. The menses are regular, but very deficient.

By means of half-baths, with subsequent thorough frictions for the equal distribution of heat, foot-baths at 70°, as well as short, cold sitz-baths, the lady's state of health improved very rapidly. The wet bandage over the chest, which she was obliged to wear, even during her foot and sitz-baths, was in particular of extraordinary benefit to her. In the fourth month she considered herself cured, and left for home.

DISEASES OF THE HEART.

HYPERTROPHIA VENTRICULI CORDIS SINISTRI.

(*Hypertrophy of the Left Ventricle of the Heart.*)

Mr. ——, 23 years old, spare, of delicate constitution, bluish-red cheeks, brown eyes and black hair.

The patient has for ten years been affected with palpitations of the heart. The least bodily or mental excitement gives rise to a congestive state of the vascular system. The beatings of the heart are strong, you hear the heart knock with its broad surface at the ribs, which on the left side are somewhat curved, forming quite a prominence in the region of the heart. The sound of percussion is dull towards the left and below. The pulse is full, but soft. The patient has frequently a great deal of dyspnoea, and can on no account bear the treatment with

water, for he cannot get warm, even after merely washing.

DILATATIO VENTRICULI CORDIS DEXTRI.

(*Dilatation of the Right Ventricle of the Heart.*)

Mrs. ——, 32 years of age, large blue eyes and brown hair.

The patient is subject to a general nervous plethora, and symptoms of obstructions in the system of the intestinal canal. The liver is swollen; the complexion is a yellowish brown. Disposition sullen and melancholy. The lady complains of strong palpitations of the heart after the least exertion. By auscultation there is observed a loud pulsation in trochlear measure under the xiphoid process. Percussion is dull towards the right. With the exception of considerable nervous impressibility, the patient feels pretty well.

Her difficulties were very much relieved by wearing of wet bandages over the chest and abdomen, and by taking half and foot-baths; cold injections and short cold sitz-baths, especially, proved in this case very beneficial.

HYDROPS PERICARDII.

(*Dropsy of the Pericardium.*)

Mr. ——, 59 years old, feeble, yellow complexion, inflated cheeks, blue eyes and grayish hair.

Being previously debilitated by bilious fevers, the patient had the misfortune last year, to catch cold, which produced an acute bronchitis and pericarditis. The latter, by becoming chronic, caused a serous exudation in the sac of the heart. Applying the ear to the region of the heart, the sounds of it are found to be dull. The region of the heart is prominent; the intercostal spaces project, and are soft like dough. Percussion gives a dull sound over this region. The pulse is small and irregular, the respiration impeded and hurried. The patient starts often in his sleep, from the influence of frightful dreams. He feels so very weak and exhausted as to be unable to bear any exertion. He suffers besides often from indigestion, and

his hands and feet are constantly cold. The liver shows itself in quite a torpid state.

The patient was only a few weeks with us, and did not improve at all, which may be attributed to the hopelessness of a case progressed so far as his.

FEBRIS INTERMITTENS QUOTIDIANA.

(*Quotidian Intermittent Fever.*)

Mr. —, 29 years old, pretty spare, emaciated countenance, and black hair.

Had, on his arrival from the West, an intermittent fever, with which he had been troubled for more than a year. He had it every day while he was here. Before the fever came on, a general indisposition, lassitude, pains in the limbs, and blueness of the nails were observed. Then followed a feeling of cold, all over his body, as if cold water were trickling down the back, his teeth chattering, and the limbs and jaws shaking. Pulse small. Inspiration quite impeded. The skin felt cold throughout, and the chill lasted about one hour, when the symptoms of the cold stage gradually disappeared, and the skin became flushed, and pulse frequent, the breathing freer, and the thirst very great. Finally, a general sweat appeared, smelling very sour.

The patient was here only two weeks, and not relieved at all from his fever. I am inclined to think, however, that if he had had the courage to persevere, he might have been cured.

FEBRIS INTERMITTENS TERTIANA.

(*Intermittent Fever every other Day.*)

Mrs. —, 33 years old, pale-yellow complexion, black eyes and hair, and of a very delicate constitution.

When the lady put herself under my care, she was very near being a victim to Allopathy. I found her so debilitated, that she was not able to raise a limb. She complained of a violent cutting pain in the pit of the heart. Her countenance looked pale and sunken, her lips and nails blue, and her eyes had no lustre or expression. The skin was sallow, dry, and cold, the mouth and lips were parched, the thirst was excessive. The pulse frequent, small, and hard, urinating trifling, and the urine itself, white as water. Every other forenoon she had a violent fever and ague of increasing intensity; the chill lasting for two hours, made her teeth chatter and gave her tonic spasms. The heat which succeeded expanded itself all over the skin, and made it much flushed; yet the skin remained dry. At the same time were observed an increase of

thirst, fulness, and heaviness of the head, and a great sensibility of the perceptive organs. The liver was inflamed, and the least touch of it made the patient scream loudly. The spleen was somewhat indurated. The quinine and opium, prescribed by her allopathic physicians, had certainly increased the inflammation of the liver.

The emaciated countenance, bedewed with cold perspiration, and the icy hands and feet, presented a sorry specimen of the art of healing. But nature's simple remedy, "pure water," applied in the manner that the symptoms of the patient indicated, disarmed death of a power which men of undoubted skill and learning had found it impossible to overcome. By packings in a wet sheet, half-baths, wet bandages, injections, and pourings of more or less cold water, the poor patient was out of danger within four weeks after her arrival here. In the fifth week she was able to take exercise out of doors, and in the seventh week to walk three miles a day. After a critical diarrhoea had relieved the lady of her superabundance of destructive medicines, the liver assumed its physiological functions, and the spleen its normal state and size.

DYSCRASY AND CACHEXY.

(*Asthenia—General Debility.*)

Case 1.—Mrs. —, tall of size, pale-yellow complexion, blue eyes and black hair.

The patient has been sick for the last three years, and from day to day felt more and more reduced. She has lost nearly all muscular power, and therefore, her weariness and exhaustion are great. A chill often comes over her, and she has constantly a cold sensation in the stomach. Her extremities are cold also. After every meal, she has headache in the forehead, and pressure over the eyes, apparently connected with a pressure in the region of the stomach, which latter is owing to her satisfying an unconquerable diseased disposition to eat. Her digestion, of course, is poor; her evacuations are pretty regular. She has pain in the lower part of the back, which has become more sensible since her now habitual discharge of the whites. Combined with her extraordinary lassitude, is a great nervous sensibility. Whenever her mind is affected, she has a palpitation of the heart, and the least noise deprives her all night of sleep. A walk of only a mile weakened her so much, that she laid down for several days after, crying and desponding. Her menstruation is regular.

After having been in the treatment six months, the patient returned home, perfectly cured;

her strength had increased so much, that she was able to walk five or six miles a day without feeling the least fatigue. The irritability of her nerves disappeared altogether, and she slept well.

Her treatment at different periods, according to symptoms, was as follows:—Half-baths at 70° down to 60°, and sometimes a plunge, sitz-baths 70° to 60°, and sometimes running sitz-baths, dripping sheets, foot-baths at 65° for ten minutes, a wet bandage over the abdomen, and occasionally a short packing in the wet sheet.

Case 2.—Mrs. ——, aged 24 years, of a pale and thin face, tall and straight figure, brown eyes and black hair.

Owing to frequent sickness, the patient had lost so much of bodily strength as to have two miscarriages, connected with profuse bleedings from the uterus. She was thus reduced to a state of exhaustion, from which she never could recover since, and it seemed to her that she had now arrived on the verge of complete prostration. The pulse is low and slow. Evolution of heat is very trifling, but though she has cold hands and feet, there is a determination of blood to the head. The lower part of the back is very weak, and often she has excruciating pain in it, which alternates with bearing-down pains. Menses regular, but sometimes so profuse as to be like a real *haemorrhage*, weakening her still more. Leucorrhœa, but not much. Digestion good; the organs of respiration, however, appear quite weak, as the patient is frequently hoarse in the evening, and very liable to catch cold.

The patient left the establishment, much benefited by the use of cold half and sitz-baths, and the falling douche.

Case 3.—Mr. ——, 46 years old, dry, yellow skin, prominent features, brown eyes and hair.

By long residence in the South and great attention to business, the muscular and nervous systems of the patient have been considerably debilitated. He feels tired and weak in all his limbs, and is frequently overpowered by sleep. His head is dull and heavy, and the sensibility of the nerves greatly increased. In connection with the other sex, the ejaculation of the semen comes on prematurely. His digestion also is weak, and he complains of acidity of the stomach and disposition to constipation. Circulation pretty good. Organs of respiration sound but weak, being liable to catch cold easily; the right tonsil enlarged.

When the patient left the establishment, he felt quite well, and expressed great satisfaction at having regained his health. His treatment was packings in a wet sheet with half-baths

at 66°,—afterwards sitz-baths and falling douche, according to symptoms.

Case 4.—Mr. ——, 26 years old, pale, sallow complexion, gray eyes and light hair.

The patient having led a very free life in his younger days, a complete relaxation of the muscular system and depression of the nerves, accompanied with melancholy, have taken place. He has also a nervous palpitation of the heart, and as often as the head feels heavy and the crown hot, there is a throbbing and biting, in the frontal region over the eyes, extending along the sagittal suture to the occipital region. Circulation very irregular. Cold feet and warm head. Great lassitude of the limbs, which is much increased in the morning, after restless and sleepless nights. Digestion poor, and still a craving hunger. Sleepy after dinner, and weary all the afternoon. The patient was formerly afflicted with involuntary emissions, but was cured of this evil the summer before. The object of his going into the hydropathic treatment now was to strengthen himself, body and soul.

He was greatly benefited, but not entirely restored. His treatment was diversified, and adapted to the indication of symptoms.

Case 5.—Miss ——, aged 27 years, small of stature, white skin, brown eyes, and black hair.

The principal symptoms of disease of which the lady complains are dull, tearing pains in the back, languor of body and nervous palpitation of the heart, congestion to the head, dull headache in the back part of the head, and sometimes neuralgic pains in the face. Menstruation is regular.

By means of cold half and sitz-baths she improved much, was soon able to take short packings in the wet sheet, and later the shower douche. She got better daily, but did not stay to be perfectly cured.

Case 6.—Mr. ——, 36 years old, pale, yellow skin, dark eyes and black hair.

The patient complains of lassitude of body, hypochondria, irritability, and a sudden disposition to anger, weakness of the genital parts, pains in the lower part of the back, an inordinate hunger, which, if satisfied, renders his digestion slow, irregular evacuations, and acidity of the stomach. These symptoms are accompanied with cold hands and feet; the development of heat in general is so poor, that the patient nearly always feels cold, and with difficulty gets warm.

Packings in a wet sheet and cold half and sitz-baths improved the patient in a high degree. The skin became active, the circulation more regular, and the whole bodily constitution was

restored more and more, as the digestive power increased.

Case 7.—Mrs. —, 29 years of age, pale complexion, and feeble constitution.

Exposed to the constant heat of a southern sun, a general lassitude and prostration of the functions of the muscular system have taken place. She is not able to bear the least exertion. The mucous membrane of the respiratory organs is also very sensitive, so that she is very liable to catch cold, which always seems to break her down. Her development of heat is very poor, and her hands and feet are never warm. She is disposed to chronic diarrhoea. Menses regular.

The lady was indeed very enfeebled when she put herself under my care; however, by the use of the wet sheet and cold half and sitz-baths, &c., she gained so much strength as to be able to undertake a very fatiguing journey.

Case 8.—Mrs. —, 33 years of age, slender, pale complexion, blue eyes, fair hair and scrupulous constitution.

The patient, whose skin is very greatly inactive, being exceedingly dry and stiff, complains of a general exhaustion after the least exertion. The muscles of the back are weak, causing her frequently aches and pains there. The whole muscular system is apparently very relaxed, her digestion is weak, which is owing to the relaxed state of the mucous membrane of the intestinal canal, and she is subject to the whites, which may be attributed to a great weakness of the mucous lining of the vagina. Menstruation regular. Circulation normal.

The lady, who at first was quite unable to bear cold baths, became very much benefited by the use of half-baths at 75° , and sitz-baths at 70° ; both were afterwards gradually reduced by 5 deg. The injection douche caused the leucorrhœa to subside entirely.

Case 9.—Mrs. —, 45 years old, white skin, blue eyes, and brown hair.

Her naturally strong constitution has been entirely reduced by child-births, and particularly by her last miscarriage. She is affected with symptoms of complete prostration and exhaustion. The limbs are too weak to support the upper body, so that the knees give way, and she even falls suddenly down. The least exertion throws her on her bed for days, and brings on nausea after nausea. The circulation is slow, and the development of heat very poor, hands and feet, therefore, feel cold. Besides a sensation of emptiness of the stomach, she feels a sinking in the abdomen. She has constantly a headache and great heat in the super-orbital region. Menses too frequent and profuse, leaving her always the more debilitated. Weakness of the spine, with constant aching in the sacrum. Fluor albus in some degree.

Digestion slow; frequently, eructation of wind. Inclination to constipation.

Although the patient remained but six weeks under our treatment, she was very much improved, and gained strength enough to walk two or three miles a day, without being tired.

The treatment was at first very mild, nothing but ablutions; afterwards came half and sitz-baths of a gradually reduced temperature. Short packings in the wet sheet were also prescribed several times.

Case 10.—Miss —, 23 years of age; spare, impure, yellow complexion and skin, brown eyes, and dark auburn hair.

The patient complains of feeling an emptiness of the stomach at night and before meal-time; her appetite, however, is poor, and she is never really hungry. When she sits down to dinner, she is always afraid of eating too much, and when she eats as much as she wants, she always feels sick afterwards. There is a sensation of weakness in all her body. She is tired and depressed, has frequently pains in the back, especially after sitting long. She cannot sleep, is restless, and has bad dreams, on which follow great excitement, and often such a lassitude that she is obliged to lie down. The face is full of erysipelatous spots, coming and vanishing. Any excitement will cover the whole countenance with these dark-red spots, the cause of which is presumed to be a congestive state of the blood to the head.

The patient was twice under my care, and was each time very much benefited, but I was not so happy as to see her cured, when leaving. The treatment was very diversified, and adapted to her very changeable morbid symptoms.

Case 11.—Mr. —, 35 years old, sallow skin, dark eyes and dark hair.

A general relaxation and lassitude of the muscular and nervous systems,—nervous palpitation of the heart;—shortness of breath—often like convulsive constrictions of the chest, heaviness of head, and an increased nervous sensibility, are the symptoms of which the gentleman complains the most. Withal he is afraid of the treatment with water; nay, he has such a horror of this element, that he could not be induced to go into a bath at 80° , prepared for him. He left as he came, terrified by and disgusted with our sparkling fountains of health.

Case 12.—Miss —, oblong pale face, black eyes and hair.

An attack of nervous fever not only had left her with the muscular and nervous systems enfeebled, but had also impaired her memory, and confused her mind. She is very sensitive to the light, and does not feel comfortable, unless the room is darkened to the utmost. She is not able to sit upright; her digestion is very poor, and her sleep restless.

The lady was about 9 months under treatment, but left the establishment perfectly cured, and able to take an exercise of five miles daily.

Treatment according to indicating symptoms.

ANÆMIA.

(Privation of Blood.)

Case 1.—Mrs. ——, aged 55 years; pale complexion, brown eyes and dark hair.

In consequence of sickness at different times (intermittent and bilious fevers, &c.) the whole system is suffering greatly from relaxation and lassitude. The complexion of the lady has assumed a white waxy hue; the lips, tongue, and mucous lining of the mouth are all pale,—the eyes are surrounded with bluish circles,—the skin is wrinkled, but at times puffed up with disease. The muscular power is small, at any exertion she is soon tired and has to go to bed. She has a sensation of sinking in the region of the stomach, and feels at this place particularly great weakness when walking. She complains of great weakness in the vertebrae, between the shoulders, and also of having frequently attacks of neuralgia all over the left side, and violent pains in the eyes, in consequence of which she feels an increased irritability and a chilliness alternating with heat. Her digestion is very poor. Constipation alternates with colliquative diarrhoea. Pulse low and slow; I have twice found it under 60 per min. Hands and feet cold.

As the situation of the lady was of so delicate a nature, great caution had to be observed in her treatment. She improved much from the beginning, until a chronic diarrhoea took place, which weakened her considerably. But after being cured of this evil, she gained strength anew, and her system felt in every respect benefited. I had an opportunity of seeing the lady last winter, at home, and she assured me that her health was better than it had been for three years. The treatment, of course, was regulated by the prevailing symptoms of her disease.

Case 2.—Miss ——, 38 years of age, pale and of feeble constitution, brown hair and blue eyes. .

Together with symptoms indicating a rapid loss of muscular power and relaxation of the nervous system, the circulation of the blood is so slow and feeble that the pulsations are hardly 60 in a minute. There is almost no development of heat; the patient is always cold, and her feet particularly so. A cold bath almost freezes her. The menses are regular, but of rather a watery nature, and immediately suppressed whenever her feet get wet. Digestion poor, and there is to all appearance a complete relaxation of the mucous membrane of the in-

testinal canal. She is costive at times. The right kidney seems to be in a state of sub-inflammation, for the patient complains of soreness there, extending to the bladder. The urine is often turbid, and contains a sediment like phosphate of ammonia.

By the use of mild baths the patient improved so much, that she could be packed every other day in a wet sheet, and in the course of six weeks we could go over to colder and colder baths. She finally could bear perfectly cold baths, and felt daily better. The circulation of the blood was accelerated and the vitality considerably increased. Thus she left the establishment, very much improved.

Case 3.—Mrs. ——, pale, corselet-like complexion, black eyes and hair.

Grief and troubles, restless nights, and tiddoulorey in the face for six years, have reduced the patient to a state of complete exhaustion. The skin is relaxed and feels as cold as ice. Palpitations of heart and dyspnoea occur, particularly when ascending hills. The pulse is low and uncommonly slow; the veins of the skin a reddish violet. Feet cold. The nervous sensibility is extreme, hence occur weeping and fainting every day. Sleepiness and weakness of the eyes. Digestion very deranged; her meals rise from the stomach, accompanied with a great quantity of acid. Obstinate constipation. Menstruation without fixed periods, but always profuse and exhausting.

The debility of the patient was overcome in a great measure, but from letters received since her departure, the benefit was not permanent. I do not wonder at it; returning to her old way of living, and eschewing too early the treatment with water, it was to be expected. My prescription during her stay was, packing in wet sheet, wet bandage over the abdomen, half and sitz-baths from 70° down to 65°, and drinking frequently small quantities of water.

SCROPHULOSIS.

(Scrofula.)

Miss ——, 20 years of age, blonde, with blue eyes, a tender white skin, deceptive red cheeks and lips of a bright red. Was from her childhood of a very weak constitution, and disposed to sickness from an abnormal mixture of the juices. The glands have been swollen from her earliest youth; sometimes they are hard and at other times soft. In her fourteenth year they began to break, and continued to discharge a pus-like, scrofulous matter characteristic of this dyscrasia. At the same time came on a curve in the spine towards the left. (Scoliosis.) Menstruation in small quantities, and

not regular. Lassitude and relaxation of the whole organism. She is entirely unable to sit upright, and the least motion causes her a pain from the shoulder down to the hips. She is inclined to sleep, especially in the forenoon. Rather costive.

The patient was under my care for three months, and gained strength more and more, so that she was able both to sit up for half a day, and to walk an eighth of a mile daily. But to my regret, she was then attacked with a dysentery, from which she never was able to recover fully. In this state she left for her home far away, and from letters received, I have learned that she expired four months later, from exhaustion. Her treatment was, half baths at 72° , gradually colder. Sitz-baths 72° down to 60° for 15 minutes. Foot-baths 65° for 10 minutes. Bandages over the swellings and abdomen, and drinking from six to eight tumblers of fresh water a day.

ULCERA SCROPHULOSA.

(*Scrofulous Ulcers.*)

Mr. ——, aged 25 years, tall, pale yellow and emaciated countenance, blue eyes and black hair.

Afflicted from his youth with scrofula, the patient has been suffering for the last two years with scrofulous tumors, the bottom of which is pale and covered with pale-red carious papillæ; the separated borders are lined with blood red; the discharge watery, and mixed with cheesy particles. The form of the tumors is of an irregular and angular shape; covered with a pale skin, and situated at the neck. The general health is very poor. The patient remained only a few weeks here, and did not improve. To cure such a constitutional disease would require a year or more.

CARIES TIBIÆ.

(*Caries of the Shin-bone.*)

Mr. ——, 38 years old, pale yellow complexion, dark eyes and hair.

The patient has been afflicted with a disease of the bones for 9 years, and when admitted to the establishment his symptoms were as follows: in the right foot, which is quite emaciated, the skin and muscles covering the tibia (shin-bone) are broken in several places, with narrow openings to the bone. The borders of these openings are callous and hard, and the parts surrounding them are of a red color. Fistulous ulcers in the bone discharge a thin

colorless pus, emitting a fetid odor. On examination with the sound, the bone proved loose and yielding, and in some places to such a degree that the sound penetrated into a real softened substance. The general health of the patient is, of course, very bad, the circulation slow, and the natural warmth but small. He sleeps badly. Digestion poor. Acidity of the stomach. Want of secretion of bile, as his evacuations are of the color of straw.

The patient has been in the habit of using water for a long time, and local baths seem to agree with him. I cannot say that he got better; cured he was not, for I had him only 8 weeks under my care. What became of him afterward, I have not learned.

SYPHILIS SECUNDARIA.

(*Secondary Venereal Disease.*)

Mr. —— had been afflicted with primary syphilis, which not being cured, was progressing to secondary syphilis, at his arrival. He had a phagedenic ulcer at the glands, and was affected besides with the symptoms of the so-called angina syphilitica. His voice was hoarse and his mouth dry. He felt pain at swallowing and speaking. On the mucous membrane of the gums, the tonsils, and particularly the uvula, were prominent coppered and inflamed spots, which, after a short while, formed tumors with abrupt borders, which from their corroding quality, caused holes in the gums and uvula.

The follicles of the tongue were inflamed in form of small blisters, which smarted very much indeed. Pustules (*pustulæ syphiliticæ*) covered the chest, back, face and lower extremities, forming small knots of a copper color, and running into groups. The mucous membranes of the stomach and the intestinal canal suffered sympathetically. The patient had often a feeling of nausea, no appetite, and colliquative stools from one to three times a day. His liver was somewhat hardened, and indicated hyperæmia. In short, he was so miserable as to be given up by other physicians. The power of water, however, is much greater and more healing than all poisonous and metallic medicines, for instance, mercury, &c. The last hope for this unfortunate young man was in water, and that did not disappoint him, a new proof that syphilis can only be cured radically by water. Before three months had passed, the patient, who had hardly been able to walk, was so far restored as to dance. The critical and total expulsion of the syphilitic poison, oc-

curred in a most remarkable way: partly through the pores of the skin during his wet sheet packings, and partly through a profuse diarrhoea.

Treatment.—Packing in a wet sheet until perspiring, (often twice a day), after which always a half-bath at 72°. Sitz-bath at 72° for 15 minutes, forenoon and afternoon. Gargling of the throat 4 or 6 times a day. Drinking 18 or 20 tumblers of fresh spring water daily, and wet bandages round the neck and over the abdomen.

ANGINA SYPHILITICA.

(*Syphilitic Quinsy.*)

Mr. ——. The patient has been afflicted with syphilis for almost a year, and under allopathic treatment, but without getting better. He complains of dryness in the mouth, pain when swallowing and speaking, hoarseness in the evening, though none in the morning. The mucous membrane of the soft gums, the tonsils and the uvula are somewhat prominent, covered with inflamed streaks, and in the back part of the palate are dirty white and cheesy tumors, flat and corrosive. The skin is dry and inactive. Digestion much out of order.

It was plain that the disease could only be cured by its expulsion through the pores of the skin. The patient had therefore to perspire in woollen blankets daily, as far as his strength permitted; then to take a plunge and have a thorough rubbing for 1 to three minutes. The falling douche for 5 to 7 minutes on both sides of the spine and on the upper and lower extremities, and the wet bandages, day and night, over chest and abdomen, contributed also to bring out an eruption of copper red color, which extended itself to the thorax, as well as boils, discharging an enormous quantity of morbid matter. The wet bandages round the neck, frequent gargling of mouth and throat with fresh water, and later, the application of the mouth douche, soon improved the throat so much as to leave small traces of the local disease. The red, inflamed streaks of the mucous lining, and the ulcers, disappeared entirely. Running sitz-baths and wave-baths completed the cure. It may be imagined that drinking of fresh water was not neglected, being the safest means of contributing to the expulsion of morbid matter, nay, even of being the cause of the action. In the course of four months the patient was restored to perfect health, which, according to letters, has continued uninterrupted to this day.

SYPHILIS TERTIANA.

(*Tertiary Venereal Disease.*)

Mr. —— once had a secondary syphilis, which had been overcome by calomel, but had left a feeling at night of sore pain in the shin-bone up to the knee, lessening towards morning. The cause of this pain originated from an inflammation of the periosteum, which has given rise to the formation of a boil of soft, puslike matter. Relatively, the patient is otherwise well, and his evacuations are regular; appetite good, but digestion weak. It was not until all other remedies had failed, that the patient had recourse to the treatment with water. It consisted of packings in a wet sheet, until he sweat profusely, for half an hour—once or twice a day, according to symptoms—with subsequent half-baths, or plunges, for 3 minutes—sitz-baths at 70 deg. to 60 deg. Running sitz-baths; douches; wet bandages on the knee and over the whole abdomen.

In the course of three months the patient had a critical eruption of syphilitic poison, which continued for about two and a half months; by evacuations, afterwards, of a yellow, slimy nature, for ten or twelve days, he got rid of his calomel, which excretions restored his digestive powers. Before long he ate heartily and digested well, so that he left us in the enjoyment of perfect health.

HYDRARGYROSIS.

(*Mercurial Disease.*)

Mr. ——, 34 years; sallow complexion; black eyes and hair.

Ten years ago the patient was afflicted with syphilis, and had to swallow large doses of calomel, by which not only his digestion, but also his otherwise good constitution, was ruined. The gums appeared pale and spongy; the teeth blackened, and the appetite is either very small, or a real craving hunger. He has had several ulcers at the mucous lining of the mouth, which extended considerably, and even caused the loss of portions of the palate-bones. The skin is dry, and shows signs of those peculiar spots appertaining to the effect of mercury. The patient cannot sleep, and has pains in his bones, especially those of the forehead and the lower extremities. He perspires profusely in the night, which exhausts him greatly. There is, moreover, a complete relaxation of his muscular system, and, often, he has neuralgic pains in the lower part of the back. He has, also, a hydrocele on the right testicle. Digestion poor. Heart-burn, flatulency, and a torpid liver, are the remaining symptoms.

I regret that the patient did not stay here long enough to be perfectly cured; he was, however, very much benefited in the course of

three months, a great deal of morbid matter being discharged by the boils, produced by the treatment. This was prescribed, according to the symptoms at different times, such as packing in wet sheets, (sometimes in blanket,) until sweating, with subsequent cold-baths, or plunges; running sitz-baths, falling douche, drinking of ten to twelve tumblers of fresh spring water, daily, and a wet bandage over the abdomen.

ELEPHANTIASIS.

(Tuberculous Lepra.)

Mr. ——, 24 years of age; dusky, yellow complexion; auburn eyes, and black hair.

Has been sick for four years. The disease commenced with irregular spots of an impure brown color, on the inner surface of the thighs. In the course of time they extended to other parts of the body, including the face and nose, in unclean, livid color, above the skin, which assumed, in consequence, a rugged appearance. In the cellular texture of the inner skin small tumors and swellings were formed, disfiguring the face in particular. In their progress appeared pus and large boils of a bad smell, with livid edges, from which exuded a thin, ichorous secretion. The same morbid progress seemed to extend to the mucous membranes of the gums, the larynx and the respiratory organs, as the patient has ulcers inside the mouth, a cough, with ejection of pus, a rough, altered voice, and a fetid breath. Having, in his younger days, been affected with bilious fevers several times, and, just before his present illness, with jaundice, for which evils he always had been fed with mercury,—the patient, no doubt, became predisposed to his present afflictions.

He was under treatment only six weeks, and, of course, received no benefit from it. During this time, circumstances would not allow more than half and full baths, at 75 deg. to 70 deg., three times every day; frequent drinking of water, and wearing a bandage over the abdomen. His diet was confined to vegetables.

TINEA ASBESTINA CUM SYCOSI.

(Perriginous Eruption of the Scalp and Face.)

Mr. ——, aged 33 years, good, strong constitution, healthy appearance, brown-reddish hair and brows.

Had ten years previously had an eruption on head and feet, which was not cured, but unskillfully suppressed by an allopathic physician. Of course, the patient never felt well afterwards, but was very often affected with oppression in his chest, difficulty of breathing, and congestion to the head, causing dizziness, and disabling him for business. Last year the

eruption reappeared; the patient, however, knew no better. His symptoms, when he asked for admittance into the establishment, were as follows:—On his head, to a great extent, scales of a brilliant white, which adhered to several hairs, and growing with them, stood upright. These scales, which had their origin in a discharge of pus from the diseased glands of the hairs, showed themselves also in the beard of the patient, and gave him a disagreeable appearance. The eruption looked like asbestos. Otherwise his bodily health was satisfactory, although he was more or less dyspeptic.

After the head of the patient had been shaved he underwent the following diversified treatment, viz., packings in the wet sheet (twice a day) till a profuse perspiration ensued, then half-baths at 70 degrees, reduced gradually to 60 degrees for two minutes. Once a day a sitz-bath at 72—65 degrees for twenty minutes. Foot-baths at twelve o'clock and in the evening at 65 degrees temperature, and fifteen minutes duration. Washing of the head and beard at least three or four times a day, and sometimes pourings over the head.

After five months' sojourn the patient left the establishment perfectly free from all the humors with which his system had been affected, having had a critical secretion in the wet sheet through the pores of the skin.

PSORIASIS DIFFUSA.

(Scaly Tetter.)

Mrs. ——, aged 23 years; white complexion and ruddy cheeks, brown eyes, and dark hair.

The patient has, from her youngest days, been affected with the above disorder, having on the arms, chest, and a part of the abdomen, great irregular spots of a dark-red color, somewhat raised, and in many places furrowed. The skin otherwise is rather thick, dry, rough, and covered with small scales of a pale yellow color, which go and come. The general health is good, except that the patient suffers with symptoms of chronic laryngitis—difficulty in swallowing—chronic cough, inflammation and enlargement of the tonsils and uvula.

The lady persevered energetically for about a year. She was cured of her chronic throat disease, but not of her cutaneous disease, though it abated much. Packing in wet sheets, or in blankets, until profusely sweating, cold half and full baths, sitz-baths, bandages, packing of the affected parts all night through, &c., could not entirely overcome this inveterate disease.

HERPES.—(*Tetter.*)

Miss ——, 7 years old; tender white skin, blue eyes, and light hair.

Had, when she came to the establishment, on her cheeks, neck, and chest, numerous large and red spots, from which arose a number of small bubbles, filled with a fluid of clear yellow citron color.

The patient was immediately packed in a wet sheet, once a day, until she perspired profusely. On the tenth day after the bubbles burst, and formed, by their discharge, a thin, brownish, scaly scurf. By continuing the packing, and subsequent full bath, the little girl was dismissed, perfectly cured, in the fourth week.

SCABIES.—(*Itch.*)

Mr. ——, 20 years, strong built, and of healthy appearance, blue eyes, and light hair.

Enjoys a good health, except that he is affected with small hard and red knots between the fingers and joints of the hand, arm, and knees, and also with an inclination to costiveness.

By means of packing the patient every morning for six weeks, in a wet sheet, and sometimes in a blanket, until a profuse perspiration ensued, and then giving him a half or full bath, he was entirely relieved of a complaint which had baffled all other remedies for nine months.

MACULÆ HEPATICÆ.

(Liver Spots.)

Mr. ——, aged 24 years; tall, yellow complexion, blue eyes and black hair.

For four years the patient has observed on his body large irregular patches, of a dark yellow color. At first they appeared on the left arm, then on the right one, and afterwards on the inner surface of the thighs, spreading ultimately to the chest, abdomen, and groins. These patches do not rise above the skin, but are accompanied with much itching. The patient also exhibits symptoms of an inactive liver, having frequently the white of his eyes quite yellow, and the faeces indicating a want of bilious secretion; otherwise he feels perfectly well.

Frequent sweating in the wet sheet or blanket, with the use of half and full baths, cold sitz-baths, and a wet bandage over the abdomen, removed the torpid state of the liver, after which the disease of the skin soon disappeared.

ARTHRITIS ACUTA.

(Acute Gout.)

I have had only one case under treatment

here. The patient, suffering greatly, wanted narcotic remedies, which I, of course, refused; but being too impatient to await a critical and radical cure of his painful disease, he went, after five days' residence in the establishment, under the care of an allopathic physician.

ARTHRITIS CHRONICA.

(Chronic Gout.)

Case 1.—Mr. ——, 31 years of age, pretty large, long neck, narrow chest, auburn eyes and black hair.

The patient has been a victim to this dreadful disease for ten years. His joints are stiff and enlarged, and have at last become immoveable, which latter affection induced him to seek relief in our establishment. He complains, besides, of dyspeptic symptoms; has a reddish urine, with sediment smelling of ammonia; his kidneys also seem to be diseased, as he sometimes discharges gravel. On the end of the smaller joints a calcareous deposition has taken place.

Packings in a wet sheet did the patient a great deal of good, because they were accompanied with critical ammoniacal perspirations. To make them more effectual, we prescribed packings in woollen blankets. Half-baths, at 70 degrees, with thorough rubbings, contributed also to appease the pains, which often were very violent. Sitz-baths and injections regulated the evacuations, and were of considerable benefit to the abdominal organs. Falling douches quickened the critical secretions, and the patient, formerly so stiff, was, after three months' treatment, already able to walk two miles per day. A moderate and vegetable diet, the drinking of cold spring water, and the gradually colder baths which we prescribed, removed the disease entirely. The invalid for a period of ten years, owed thus his health to hydropathic treatment and his own perseverance.

Case 2.—Mrs. ——, 50 years of age black eyes and hair, pale and emaciated countenance.

The lady was an object of universal commiseration when she arrived, as she had to be carried into her room by four men, being entirely unable to move either arms or knees. Five years ago she was attacked with acute rheumatism, and obliged to keep her bed for a whole year. She was under allopathic treatment, which could not prevent the change of the acute disease to a chronic one. Her whole organism was deranged

and enfeebled, and the drugs and mercurial medicines given her, had so entirely ruined her digestive power, that the most digestible food caused either bitter and sour upheavings, or a colligative diarrhoea, with dreadful pain. The joints of the shoulders and elbows were perfectly stiff, and her ability to move the hands was very limited, in consequence of calcareous deposition. The lower extremities were also immovable; the knee was swollen to a great extent, and in the synovial capsules was a greenish-white matter. The joints of the feet were swollen, œdematosely. Abnormal circulation. Hands and feet always cold.

Such had been the situation of the lady for the last four years. Allopathy had not been able to alleviate the disease; but on the contrary, ruined the patient totally by narcotic and metallic medicines. Her nights were restless, and not one hour of balmy slumber refreshed the sufferer.

In respect to our treatment, we can only mention the chief points of it, as it obviously had to be modified according to circumstances. It consisted of packings in a wet sheet, and sweatings for a half hour, with subsequent half-baths at 72 to 60 degrees—sitz-baths 72 deg., foot-baths 68 deg.; pourings of cold water over the knees, three or four times a day; falling douche on the shoulders, elbows and knees; bandages over the abdomen and the knees; drinking of ten or twelve tumblers of fresh spring water.

Two months had hardly passed, when two large boils appeared on each knee, discharging an infinite mass of thick pus for more than a fortnight. After this the knees became movable, and, six weeks later, the patient could walk again for the first time for five years. Critical secretions also took place through the pores of the skin, while the patient lay in the pack. On washing the sheet in which the packing was performed, the water assumed a perfectly white color. Chemical examination of these critical secretions proved them to contain salts of urinal acid and chalk. With every day the patient enjoyed life more and more, and when she left, she was able to do what she never expected again to do, namely, to move her arms, and to take a walk, daily, of a mile.

Rheumatismus Articulorum.

Mr. ——, 61 years old, yellow complexion, stout of form, gray eyes and black hair.

His general health is now, what it always has been, very good, with this exception, that he has been afflicted every spring and fall, for the last twelve years, with rheumatism in the right hip, down to the knee and foot. The pains are shooting and tearing. He is rather constive, but in other respects, all organic functions are normal.

The patient was perfectly cured in the establishment. By letters received from him, we are assured that he has been last fall free from all pain, for the first time these twelve years. Previously too, he was seen walking somewhat stiffly and with bended back, but now he is able to walk again as briskly and erect as in his younger days.

The treatment comprised:—Packings in a wet sheet,—half-baths at 70 to 60 deg. or plunge,—sitz-baths, at 70 to 60 deg. or running sitz-baths, in the forenoon. Falling douche on the hip and leg. Plunge in the afternoon. Foot-bath at 68 deg. for 10 minutes in the evening, and drinking, daily, from 8 to 10 tumblers of fresh spring water.

Abdominal Plethora.

Mr. ——, 56 years old, yellow complexion, dry skin, brown eyes, gray hair, and very slender.

A sedentary life has very much deranged the secretions of the abdominal organs of the patient. Not only has the bilious secretion been suppressed, but the venous system has also begun to stagnate. The liver of the patient has been in a very torpid state for the last three or four years; the circulation is irregular; the abdomen replete and puffed up; the appetite impaired; the tongue furred. Dull pain over the eyes, and a sensation of fullness and pressure in the supra-orbital organ. Bowels apt to be constipated.

By the use of several wet sheets, with subsequent half-baths at 72 deg.; sitz-baths at 72 deg. for 20 min. gradually reduced to 60 deg. and lengthened to 30 min.; injections at 70 deg. and by drinking, daily, from ten to twelve tumblers of fresh water, the patient improved rapidly, and felt perfectly well when he returned home.

P A R T I I.

DISEASES OF THE SKIN AND OF THE MUCOUS MEMBRANES.

A. ERUPTIVE FEVER.

ERYSIPelas.

(*St. Anthony's Fire.*)

Mr. ——, 30 years of age, pretty stout, fine white complexion, brown eyes, and black hair.

After the patient had been in the treatment here for paraplegia, I found him one day in a high fever. He had lost all appetite, felt a heaviness in the head and limbs, weakness, and a general lassitude. The next day there appeared on the right foot a limited redness, with swelling and great tension. The patient complained of a great deal of heat and acute pains in the affected part. The redness soon spread over the shin-bone, giving it a shining appearance, and the sensation of heat was frequently pungent and scalding. I observed a general febrile irritation and great sleeplessness in the patient, whose tongue was furred and whose thirst was very great. A pressure with the finger made the shade of red disappear, but it recurred soon after the finger was withdrawn.

In the course of a fortnight, however, the patient was perfectly restored and enjoying himself in the open air again. All along the foot were applied wet bandages, three or four times folded and well covered with a dry bandage. The patient was packed every morning till he perspired freely, and then given a half-bath at 72 deg. Bandages, dipped in cold water and well wrung out, were applied to the head day and night, and abated very much the irritation of the brain. By continuing the above proceedings for about eight days, the inflammatory symptoms decreased; the redness disappeared partially, and the cuticle, which had been overstretched, commenced desquamating in the form of whitish scurf; the tension diminished considerably; sleep became more natural, and all organs resumed their normal functions.

B. CHRONIC CUTANEOUS DISEASES.

(*See Dyscrasy and Cachexy.*)

DISEASES OF THE RESPIRATORY ORGANS.

DISEASES OF THE LARYNX AND THE TRACHEA.

Almost all the cases I have had under my treatment here, have been chronic; I mean secondary developments of acute diseases. It does not come within the scope of a report like this to give pathological descriptions, but I may be allowed to give the results of my treatment in these diseases, according to their symptoms at different stages. From observation and experience, I am convinced that the treatment of acute inflammation in the respiratory organs, by means of water, is not only one of great certainty, but is also the sole reliable method of preventing dangerous and chronic after-diseases. Acute inflammation of the mucous membrane and the cartilage of the larynx may, in fact, be cured with nothing but water, and never cause any disease whatever afterwards.

This is an every-day experience. On the other hand, I must say that all chronic affections of the respiratory organs are more or less the results of an atrophic degeneration, arising from a great loss of blood, through leeching and bleeding. I must also say, that I have seen caustic remedies employed for said organs, but with very bad results, as they only made the matter worse. The above diseases are generally considered incurable, but experience has shown me that, during their first stages, the exhausted power of vitality may be reproduced, provided the patient has perseverance enough to go through a mild and careful course of hydropathic treatment, with much exercise in

the open air, and a nourishing but proper diet. What may be done in such cases, by means of water, the reader will learn by perusing the following pages.

LARYNGITIS MUCOSA ACUTA.

Acute Mucous Laryngitis—Inflammation of the Larynx.

Mr. ——, 26 years of age, with a florid and healthy complexion, black eyes and hair, and a sanguine temperament, was all at once attacked with a tickling feeling in the larynx, from exposure to the night air. His voice became hoarse and he had repeatedly a bad cough, during which he commenced raising a transparent and tough slime. On the next day the cough increased in violence, and became exhausting and painful. The cough had a metallic sound, and the slime was still tougher, and also mixed with streaks of blood. A fever set in; the pulse was at 120 per minute.

In this state the patient was packed in a wet sheet, in order to undergo the process of sweating. The great heat and the high fever made it necessary to change the sheet five times, before he got into a profuse perspiration. After he had been bathed in water at 72 degrees, and then well rubbed, the patient felt much relieved. The pulse sunk to 80; the heat was almost gone; the cough less hard, the expectoration more easy, and there was hardly any pain when breathing. During the day the patient had to wear a thick wet bandage round the throat, and to gargle frequently with water at 70 degrees. Towards evening he began to feel badly, and was treated as before. Thus he continued for five days, after which the hoarseness left him, and deglutition and breathing became quite easy. The expectoration had nothing of pain, and the fever vanished in critical perspirations, and urinal secretions of a dark brown color. From the tenth day after his first treatment, the patient was in perfect health and good-humor, and in search of pleasures as formerly.

LARYNGITIS SUBMUCOSA.

(Submucous Laryngitis.)

Mr. ——, 21 years old, full and well-shaped, of pale complexion and a delicate skin, was taken ill with violent pains in the throat, obstructing deglutition, and accompanied with much heat over all his body, a great thirst and a great restlessness. Although he had all night a wet bandage around the throat, he found it difficult to breathe next morning; to draw a long breath was impossible, and speaking gave him violent pain. I found the temperature of his body, particularly of the head, highly raised, and the

face quite red. The veins of the throat were swollen; the palate, tonsils and uvula were of a purple color, but not much swollen; the voice was hollow, nasal, and broke frequently. The patient was often attacked with a cough that was but of short duration, weak, and of a peculiar sound. Pulsations 108 per minute. The sound rendered on inspiration sonorous. Pains when swallowing, speaking and coughing; a feeling of uneasiness in the chest, as if the air-passages for breathing had been stopped. A very great thirst. Passing the hand over the throat caused violent pains in the larynx or the wind-pipe.

The patient was packed in a wet sheet, and left to perspire for half an hour; afterwards he was well rubbed, first in a wet and then with a dry sheet, when he found himself so much benefited, that he could expectorate freely, the swelling in the throat was diminished, and the pain when breathing was gone. The wet bandage around the throat was continued, and also the packing in a wet sheet, with subsequent half-baths at 72 degrees. Five days later the patient felt perfectly well, and in the course of a week he was able to return to his treatment for chronic rheumatism in the joints, of which I shall speak by and by.

LARYNGITIS CHRONICA.

(Chronic Laryngitis.)

Case 1.—Mr. ——, fifty-four years old, thin, with a yellowish and dry skin, deep sunken eyes, and altogether of a sickly appearance. The patient had worked hard at his business, and in consequence, been attacked with a chronic cough, of which he took no notice. His digestion failed, and constipation followed, which he could not overcome, but with the most powerful medicines. He was sinking fast, and losing all strength; his cough became more and more frequent and spasmodic; he was often hoarse, in particular at night; his breathing became very difficult, nay, wheezing. A sweating at night ensued, which weakened him greatly, and his expectoration was a kind of small lumps of tough slime. Such was his condition when he applied for admission in the establishment.

At first, the patient was only washed all over and well rubbed; he felt much benefited by it, and successively went through half-baths, wore a wet compress around the neck, gargled his throat frequently during day-time, and felt so much improved, that, in spite of our warnings, he left the establishment, after six weeks' treatment. Nine months afterwards, we heard of his death from acute inflammation of the throat.

Case 2.—Mr. ——, aged 33 years; tall and thin, with sunken and weak eyes, and of a pale, sallow complexion.

Travelling in Mississippi, the patient had been exposed to a sudden change of temperature, which brought on an acute inflammation of the throat, not properly attended to. A chronic diarrhoea followed, and he soon found his strength and body waning fast. The cough which accompanied his acute inflammation of the throat remained, and became gradually so troublesome as almost to threaten him with suffocation. In the night, particularly, the sleep of the patient was interrupted by a dry and spasmodic cough, accompanied with expectoration of mucus, mixed occasionally with pus or blood, which smelt very badly, and of which he filled a tea-cup in the course of 24 hours. The breath of the patient was offensive, and his voice was low and hoarse, which would be increased by any sudden change of the atmosphere. The act of inspiration gave rise to a snoring and whistling, recurring in paroxysms; deglutition was impeded and painful, and night-sweats, moreover, exhausted the patient considerably.

To restore the lost power of vitality, was the first object of the treatment. It was effected by tepid washings and thorough friction; then by half-baths at 70 degrees, which were gradually reduced to 60 degrees. The patient felt much better and stronger, so that we continued this treatment, with more or less alteration, for a considerable time, except that there were added wet bandages around the throat. And, in order to strengthen the almost exhausted and inactive mucous membrane of the larynx, we prescribed, at first, gargling with cold water, and, soon afterwards, the mouth-douche. Finally, the patient was packed in wet sheets, once or twice a week, for an hour. The night-sweats ceased entirely after a treatment of two months, and the patient was able to sleep from five to seven hours at night, which to him was quite extraordinary. Although he was not cured perfectly, it is certain that his life was prolonged by the water-cure, inasmuch as he acquired strength anew and lost his consumptive fever. I would observe, that the wet sheet in such cases is of great service, if not used *too often* and only for a *short time*, which was proved satisfactorily in this case.

Case 3.—Mr. ——, 34 years of age; tall and thin, with a dark sallow complexion, prominent cheek bones, and brown eyes and hair.

The patient had been sick for four years. He had been employed on board of steamboats on the Ohio, and had already had, three times, acute inflammation of the throat, which grew

worse every time. The last inflammation had been accompanied with a considerable affection of the bronchial tubes, and even caused a hemorrhage of the lungs. For the last four months previous to his admission into the establishment his voice had become quite hoarse, at first, intermittently, but of late, habitually, and so faint as almost to be inaudible. His cough was very violent, and exhausted him every time considerably, particularly at night. He would fall asleep for a short time, but would be awakened by a spasmodic cough. His expectoration was a thick, tough mucus, intermixed with small lumps of pus. He complained of great dryness in the throat, accumulation of slime in the windpipe, and of a continual, but particularly tickling irritation, profuse and exhausting night-sweats and great weakness of the limbs in the morning. To all this must be added a constant feeling of coldness inwardly, and cold hands and feet. Pulse, very feeble and slow, almost imperceptible. Digestion, weak. Much flatulence. Frequently great constipation, alternating with relaxation of the mucous membrane of the intestinal canal.

Notwithstanding all prescriptions, the patient did not, on the whole, improve, although he felt at times a great deal better. His disease had progressed too far, and was past all recovery, as the mucous membrane of the back lining of the larynx was ulcerated, and actual gangrenous inflammation had taken place at the palate. The patient remained for almost four months at the establishment, against my advice.

Case 4.—Mr. ——, 33 years of age, spare of face, sallow skin, feeble constitution, brown eyes and black hair.

He had always been in good health, but had observed of late that often in the evening his voice would become weak, and sometimes also hoarse. At the same time he coughed and expectorated much yellowish mucus. His bodily strength had diminished more and more, and he no longer felt able to attend to his business. As his cough kept increasing, he became alarmed, and consulted a physician. Caustic remedies, as is frequently the case, had been prescribed and employed; but the larynx grew worse daily, so that a total hoarseness of the voice took place. Night-sweats reduced the patient to a skeleton, and in this state he came to me for advice. I found his larynx to be of a purple color, and a puslike matter was visible at the upper part of the larynx. His voice was so feeble that he could barely articulate. The cough commonly came on towards morning, and the expectoration was a thick and tough slime, of a yellowish green color.

I prescribed for the patient, as a commence-

ment, only mild ablutions; but it was difficult for him to get warm again, as his skin proved very dry and inactive. By frictions in wet sheets I succeeded, after a while, in bettering the constitution of my patient, so that he found himself able to bear half-baths at 70 degrees, which were gradually reduced to 60 degrees. Wet bandages around the throat, gargling the mouth with fresh water, the use of the mouth douche, and packing twice a week in a wet sheet, restored the patient perfectly in the course of five months. He returned well and strong to his family, who had given him up; and I have the pleasure of learning occasionally by his kind letters, that he continues to enjoy good health.

DILATATIO BRONCHIORUM.

(*Enlargement of the Air-tubes.*)

Mr. ——, 28 years old, with a sallow skin, black eyes and hair, and enfeebled constitution.

The patient had suffered for years very much from dyspepsia and a torpid liver. From these diseases he had recovered somewhat; but on getting a cold, he was also attacked with acute bronchitis. From this he had indeed been relieved, but he had never been fully well since; a chronic cough rendering him frequently unable to attend to business. Thus he had suffered for a long time, from a chronic bronchial affection. His cough was of a violent and convulsive character, and he ejected a great amount of puslike matter. Sometimes he spit blood, and perspired much in his sleep. The patient felt his physical strength wasting away, and his feet were swollen every evening.

The right side of the thorax had evidently sunk; the heart and the left healthy lung inclined to the right side. The sound of percussion was weak; by auscultation I found a snoring noise of mucus, and pectoriloquy in the whole diseased side was clearly to be heard. In making this very difficult diagnosis, I am justified by the weak but not dull sound of percussion on the diseased side, the extent of the pectoriloquy, the sinking of the affected half part of the thorax, the dislocation of the heart to the right side—because the right half of the chest was affected—and the slow progress of the disease, the patient having been under my treatment for two succeeding summers. He had no symptom of a consumptive fever, but all his physicians had given it as their opinion that he was incurable. Nevertheless, the patient felt already considerable benefit from the mild ablutions I prescribed.

His bodily strength increased daily; his cough diminished much in violence and frequency; the great excitement of the heart, and the congestive state of the blood, in consequence of the dislocation of the right ventricle of the heart, was much less; and in the course of three months the œdema (serous infiltration in the tissues) of the feet was no longer visible. Having had the patient for two summers under my care, I must confess that the water-cure was of extraordinary benefit to him, as it removed all the symptoms of disease, though it was not able to restore the organic malformation of the affected organs to their normal physiological state. The treatment consisted at first in washing the body all over, and as soon as the patient found himself gaining strength, in half-baths at 70 degrees, which temperature was gradually reduced by a degree, until it reached 60 degrees. The wet sheet was used for a short time every other day, but last summer daily. It appeared not only to invigorate the patient, but also to overcome the disease most successfully. A constant wearing of a wet bandage over the abdomen, on account of the affected organs of the stomach, favored considerably the expulsion of diseased matter through the pores of the skin; and sitz-baths at 70 degrees, down to 60 degrees from 15 to 20 min., also contributed much to regulate and restore those organs to their normal activity. For want of room, I must cut short any further remarks on this interesting case.

CATARRHUS BRONCHIORUM.

(*Bronchial Catarrh.*)

Miss ——, 7 years old, a beautiful little girl with blue eyes, light hair, and scrofulous habit. The patient, after a previous catarrh in the head, was during night suddenly attacked with a violent cough, and soreness under the breastbone. There was much wheezing in the chest. The cough was very dry, and only at times was ejected some small quantity of frothy slime. In the body and limbs the patient felt a great deal of lassitude, with alternate cold and heat. Much thirst, and pulse at 90 per minute.

The treatment was packing in a wet sheet until perspiration ensued, then a half-bath at 72 degrees, with good rubbing; a wet bandage all over the chest, and drinking of much fresh water. On the third day already the expectoration was easy, and the cough had diminished. After a week the patient was again among her playmates.

BRONCHITIS ACUTA.

(Acute Bronchitis.)

Mr. ——, 41 years of age, a spare and delicately formed gentleman, with a narrow chest, and a long neck.

During his travels, the patient had been seized with a bronchial catarrh, which he neglected. All at once he experienced great soreness in the chest, and a difficulty in breathing. A deep inspiration caused him a violent, painful, and dry cough, which worried him very much. The auscultation indicated a peculiar whistling, then dry rhonchus, exhibiting thickening of the mucous membrane and consequent narrowness of the tubes. Percussion rendered a clear sound all over the thorax. He had much fever, which increased at night. The patient felt great uneasiness, so that he could not lie still. Burning heat over all his body, with the exception of his feet, which were cold; immense thirst.

Wet compresses over the chest and hand, and foot-baths, soon overcame the difficulty of breathing. After packing in a wet sheet had been used for three times, the expectoration was easier, and a few days later the yellow compact mucus passed off freely. The cough lost its roughness, and occurred much less frequently. The patient thus continued to improve daily, and after a fortnight he hardly knew he had been sick, except from feeling a weakness in the limbs.

BRONCHITIS CHRONICA.

(Chronic Bronchitis.)

Case 1.—Mr. ——, aged 28 years, of a sanguine temperament, phlegmonous complexion, and well-marked features.

For several years the patient had suffered from a chronic catarrh in the larynx, and a considerable irritation in the trachea, whence a great deal of puslike expectoration seemed to come. The year before his admission into the establishment, the chronic inflammation of the windpipe appeared to extend to the bronchial branches on the right side. The patient complained of a dull, frequent pain along the right bronchial branch, accompanied with considerable heat. Much whistling from mucus; expectoration thick and greenish, physical strength much gone, and almost a general prostration of the system.

The patient recovered evidently by his hydropathic treatment, consisting of ablutions, half baths, wet bandages, and a careful application of packing in the wet sheet. His enjoying health more than ever, has been confirmed by letters since he left.

Case 2.—Mr. ——, 42 years old, a gentleman of well-defined features, with sallow skin, brown eyes, and black hair.

As far back as six years the patient had taken a cold which caused acute bronchitis. He had been under the care of an allopathic physician, but neither been cured, nor had his disease been prevented from assuming the form of *bronchitis chronica*. When he arrived in the establishment he coughed considerably, particularly at night and towards morning. His expectoration was large lumps of mucus mixed with pus, and of a greenish yellow color. He filled daily as much as two tea-cups with it, and of course, felt a general weakness, increased by profuse perspirations at night. He had besides rheumatic pains in the shoulders and knees at times. Pulse, feeble. Appetite, good. Stool, normal.

The treatment of this patient was much varied according to his state of feelings, as it was necessary to use great caution with him. But, by a careful recourse to wet sheets, half-baths, wet bandages on chest, stomach, and abdomen, he was in the course of half a year restored to perfect health, without the least cough, expectoration or night-sweats.

Case 3.—Mr. ——, a gentleman 40 years old, spare, of a dark yellow complexion, and with brown eyes sunk in their sockets.

The patient had been a sufferer from dyspepsia for a long time, which had always been met with medicines. He found himself, however, sinking under these means, the more as a dry, nervous cough had come upon him. Cough medicines were now administered to him, but he grew daily worse, and was hardly able to reach our establishment. When he arrived he complained much of a convulsive cough which prevented him from sleeping at night, and caused great difficulty in breathing. His expectoration was a tough white matter, with which he filled two tea-cups in the course of twenty-four hours. He had not strength enough to walk a quarter of a mile. He had, moreover, all possible symptoms of indigestion; his appetite sometimes was poor, and sometimes greedy. Frequent vomiting; flatulence and constipation. By means of the stethoscope I found a bronchial inflammation in every quarter of the lungs, pure pectoriloquy.

The patient had not perseverance enough to remain long in the establishment. Like many others, he thought to be a healthy man again in a fortnight. But to receive any benefit in such cases, it requires many weeks, and to effect a radical cure, provided it is possible, it takes many months. I have mentioned the case only, because it presented so great a connection between the disease of the abdominal organs

and those of respiration, evidently a morbid sympathy of the ganglionic nerves with the digestive and respiratory organs.

Case 4.—Miss ——, 30 years of age; scrofulous diathesis; yellowish complexion, black eyes and hair.

For a long time she had been suffering from weakness and inflammation in the respiratory organs. She was given up as incurable by the physicians under whose care she had been treated, unsuccessfully, with blisters, caustics, and all possible kinds of acids. As a last resort, she concluded to consult me about her alarming symptoms. The patient complained of being awakened in the morning by a real paroxysm of asthma. She frequently felt great fear of choking from the constriction of her chest. She turns quite livid and her pulse is very feeble, which lasts for some minutes, then follows a continual cough, and profuse ejection of slime and water, until day-break, when she feels a little relieved. During the day she is pretty comfortable, and but little affected with cough, but towards evening it increases, and she ejects then much pus-like matter. Auscultation rendered bronchial breathing and pectoriloquy. Digestion good. Menses regular, but often attended with leucorrhœa vaginalis.

In this case the partial packings in wet sheets, and subsequent ablutions, proved very successful. A wet compress was prescribed for the chest, to be worn day and night, and I record with pleasure that these real asthmatic attacks were overcome in nine weeks. The patient improved daily, and gained much strength by taking half-baths at 70 degrees, gradually reduced to 65 degrees. She left the establishment very much benefited, but not cured, because there existed with her an enlargement of the air-tubes.

Case 5.—Mr. ——, 46 years of age; a large gentleman, of a strong constitution, florid face, black eyes and hair.

The patient has always enjoyed good health, but has caught a cold by exposing himself to a strong northerly wind, while in a state of perspiration. He was immediately attacked with hoarseness and a violent inflammation of the larynx. This inflammation, from not being altogether subdued, became chronic, and extended itself from the wind-pipe down to the finest bronchial branches. The patient has a very severe cough, and complains of a constant irritation of the trachea, and also of soreness under the breast-bone. He ejects a tough and thick slime, and the cough generally increases in the evening, continuing for half the night. His tonsils are much inflamed, and show pus-like matter, in consequence of which the patient is extremely hoarse, and feels the larynx to be very sore.

The patient could remain but a short time in the establishment, and got but little better in the four weeks that he was there. This was evidently too short a time for him.

BLENNORRHœA PULMONUM.
(*Pituitary Consumption.*)

Case 1.—Mr. ——, 33 years old; large but spare, with brown eyes, deep set, black hair, and a dry, yellow skin.

This case shows chronic bronchitis, aggravated to such a profuse expectoration of bronchial matter, that the quantity amounts from two to three pounds a day. Of course, the strength of the patient was rapidly giving way, his body had almost lost its flesh, and a hectic fever had set in. The skin was dry and brittle, the intestinal canal greatly obstructed, and the urine of a dark color. Every evening exacerbation occurred, producing a burning in his palms and in the soles of his feet. The patient, moreover, seemed to have suffered a considerable length of time, from dilatation of the left ventricle of the heart.

Although it was evidently impossible to effect a cure in this case, the patient no where felt better, comparatively, than here, where a very mild hydropathic treatment, and a cool, mild mountain air seemed to sustain his bodily powers and strengthen his diseased respiratory organs.

Case 2.—Mr. ——, aged 32 years; of pale complexion, narrow chest, long neck, blue eyes, and light hair.

The patient had got a severe cold, and in consequence a chronic cough, which became worse and worse in spite of all allopathic remedies. The cough became more constant, the expectoration of mucus from the lungs increased, and a general debility and loss of flesh took place. The quantity of ejected matter was as much as six tea-cups per day. His cough was watery, and of a snoring sound. The circulation of the blood very slow, and his pulse, consequently, feeble. Hands and feet cold. Often a shivering and lassitude of mind and body occurred. Tongue quite furred, taste bad. Flatulence, constipation alternating with an exhausting diarrhœa, and hectic fever.

From the first time that this case came under my observation, I had but little hope of a cure, or even of a permanent benefit to the patient. For the first four weeks he made the trial with water, it seemed all in vain. Still the patient had the courage to persevere, and to confide in such advice as his physician found he might safely give him. The result was, that after a fortnight more the patient felt greatly relieved, and that his nightly sweatings ceased. His physical strength returned gradually, and this very gentleman, who had not been able at

first to walk one mile, now could walk from three to four miles a day, and perceive his strength increase daily. The wet bandage which he constantly wore on the chest proved very effective, producing great pustules all over the chest, each as large as the head of a large pin. With their appearance the cough became less, and what was of material importance, the quantity of ejected matter too. In the beginning the patient had hardly been able to undergo a common washing all over; but now he could bear two, nay, three half-baths a day, after which the skin was in a perfect glow. In the course of four months the circulation became normal again, and the patient left the establishment in a more favorable state of health than he had enjoyed for many years. From correspondence since, I have learned that he continued to improve at home.

PNEUMONIA.

(Inflammation of the Lungs.)

Mr. ——, 33 years old, with a red face, small but stout figure, and of phlegmonous constitution.

Patient had come only to strengthen his general system, which had been weakened by careless exposure and a subsequent fever and ague, accompanied with sensation of great oppression in the chest. His breathing was difficult, and could only be done through the muscles of the stomach, as the thorax did not lift itself at all. He had also a dry cough, and expectoration of mucus intermixed with blood. Pulse frequent, full and hard. Percussion rendered a clear sound in the first stage; in the second the sound on percussion became obstructed; the auscultation rendered a crepitating rhonchus along with a gradually diminishing respiratory murmur. The fever was remittent.

The patient was restored to health by the sole use of water. Bandages, folded four times and wet in fresh water, well wrung and worn on the neck and chest, proved of essential benefit to him. I prescribed at first a wet sheet twice a day, and was obliged, as the fever and heat were very high—pulse 120 per minute—to change the first three linen sheets every quarter of an hour. I left the patient to perspire for three hours, after which he had a good rubbing in a wet sheet. The disease began to diminish on the seventh day, when a general profuse sweating and evident removal of the fever took place. The skin became humid and evaporating, the pulse softer, and the breathing easy. On the same day the urine showed a kind of red sediment, and the expec-

toration became free. After the lapse of two weeks the patient was able to go out again, much to the astonishment of his friends.

PNEUMONIA TYPHOSEA.

(Typhoid Pneumonia.)

Mrs. ——, a young lady of feeble constitution, blue eyes and brown hair.

This lady, who had come to the establishment on account of epilepsy, complained one day of a sudden weariness, heaviness in the head, and sleeplessness. She felt besides extremely depressed in spirits, nervous, and in a great anxiety. The night after, she could not sleep and had a fever and ague. Her head seemed on fire, and her pulse had risen to about 90 per minute. In this situation she continued for two days, notwithstanding all I did for her. On the third morning of her attack, the symptoms were as follows:—The patient complained of pains in the chest under the breast-bone; violent sharp pain in the sides, and a feeling of great oppression; her inspiration was quick but difficult, and accompanied with great fear of suffocation. She had moreover a dry cough, and ejected a tough substance, intermixed with streaks of blood. The face was red, the skin burning, the tongue red as fire, dry and furred, the urine thick and muddy, the pulse full, but easy to compress. . . . The great difficulty in breathing, the sharp pains and the great constriction of the chest, required thick bandages wet in fresh water, to be put on the chest, and afterwards a packing in wet sheets until she perspired freely. By these means the patient felt relieved, and when I called to see her again in the evening, she told me that her inspiration had become quite easy. Next morning the patient looked depressed, felt very weak, and had a constant inclination to sleep; she had had all night a violent raw and convulsive cough, which had kept her awake. She ejected a quantity of dark red blood. I could hear considerable whistling, and percussion rendered a dull sound. Stool, however, open. In this torpid condition she continued more or less for six days. The wet bandages on the breast were continued all the time, but the packing in a wet sheet was suspended when the transpiration, which was of so much importance in her sickness, had taken place. All at once, on the seventh day from the beginning of her sickness, she had such a copious ejection of dark brown and tough mucus of a penetrating odor, that it exceeded in quantity more than a common quart measure. The activity of the skin increased, with critical perspirations; the urine had a red sediment, the hemorrhage of the lungs was subdued, the cough was no more so exhausting, for the expectoration came freely. From that time the patient, who had been given up by all except myself, continued to improve, and after the lapse of four weeks I had the pleasure to lead her into the fresh air again.

It is very remarkable in this case, that during all her sickness and for three months afterwards, the patient had no epileptic attacks.

HÆMOPTYSIS.

(Haemorrhage into the Bronchia and Lungs.)

Case 1.—Mr. ——, 27 years old, chest rather narrow, lungs weak, neck long, and very spare figure.

For the last five weeks the patient had every morning had an attack of cough and ejection of blood. He commonly woke up with a tickling feeling in the windpipe, and an extreme heat under the breast-bone—also trying to cough. He has a taste of something sweet in the mouth, must hawk, and ejects at first some mucus, mixed with blood, but afterwards nothing but blood, which is of a light red color, and frothy. After six or seven such expectorations he feels somewhat easier, and enjoys quiet during the whole day. The accompanying symptoms were a quick pulsation and palpitation of the heart, cold hands and feet. In the course of examining him closely, it appeared that the patient before this disease had had the piles, bleeding regularly every two or three months. This bleeding had been suppressed by drugs; his bleeding from the lungs, as mentioned, had been the consequence of it.

Hence it was a metastasis of the haemorrhoidal bleeding, and of course it became an object to restore the same through our treatment. I must confess that water almost performed a miracle; and in this case, it should attract the attention of all, who in ignorance or from inexperience rather trust the restoration of their health to compound medicines which carry ruin to their constitution, than to the use of so simple a remedy as pure water.—Wet bandages round the neck and on the chest, not only effected a speedy relief, but removed in a few weeks those symptoms of disease, the abnormal palpitations of heart and the heat in the chest. Tepid half-baths and thorough friction of the extremities with a brush, as well as tepid bandages, gave a downward direction to the circulation of the blood, and diminished the bleeding very considerably. Cold injections and short cold sitz-baths revived the suppressed activity of the abdominal system, so that in the course of four weeks the habitual bleeding of piles took place, and that from the lungs stopped altogether. The patient, who had been much reduced, improved after this very rapidly, and was able again to attend to his business with more than his former vigor, as his letters attest.

Case 2.—Mr. ——, 26 years old, skin fine and transparent, a soft red in his cheeks, of a delicate form, narrow, and a considerably fat chest.

Having been exposed to the influence of raw northerly winds, the patient had been attacked with a pleuro-pneumonia. He had not been perfectly cured, as there seemed to remain an adhesion of pleura of the lungs and ribs, which rendered it impossible for him to expand his chest, and produced straining, pain, and shortness of breath. A second cold brought on a chronic cough, combined with much expectoration and exhausting night-sweats. As this cough too was rather convulsive and frequently violent, it happened one night that the patient had a spitting of blood, which was repeated several times during the day, in spite of the medicines which he used. His physicians of the old school gave him up, and he had now come to the establishment, to try what water might do for him. Exhausted, and almost reduced to a skeleton as he was, he could hardly give an account of the course of his disease. On examination with the stethoscope the mucous rale, with large bubbles, was plainly to be heard, but the sound of percussion was normal, and only a little dull at the region of the exudation of blood. Farther I perceived a hypertrophy of the right ventricle of the heart. The circulation was slow and irregular. Hands and feet cold. Digestion good, but predisposed to constipation. The patient felt always sad and melancholy about his sickness, and without hope. However, only a short time elapsed before the patient, who conformed strictly to the hydropathic prescriptions, was seen taking his exercise in the bracing mountain air, with a contented, smiling countenance. With the increase of his strength, the bleeding stopped entirely. After a treatment of seven weeks, there was no more bleeding at the lungs, the circulation became more regular, and was almost normal. But it may be supposed that it was impossible to remove the hypertrophy, which I consider the principal cause of his disease.

In the beginning, ablutions, half-baths at 72 degrees, and thorough frictions were of much benefit, as they strengthened the system and made the circulation normal. The course of the blood was directed downwards by rubbing the lower extremities with the hand or with the hair mitten. That the wet bandages round the neck and on the chest were of essential benefit, was shown by the fact that the patient was able to breathe more freely, the oftener the bandages were wet in fresh water. The final result was, that the chest was covered all over with a critical eruption of pustules, having a reddish-blue color.

PHthisis TUBERCULOSA.

(Pulmonary Consumption.)

Mrs. —, aged 20 years, figure tall and thin, complexion pale, cheeks having a deceptive flush, hair black and eyes brown, sunk in their sockets.

This lady, evidently of a tuberculous habit, arrived at the establishment in the last stage of consumption. We were unwilling to admit her, but did so at the earnest request of her mother, who accompanied her, and gave us the following details of her daughter's sickness. A year previous she had an intermittent fever, and subsequently an infarction of the liver, with great weakness of the intestinal canal, resulting in a chronic diarrhoea, of which she never was freed. Her spinal system, too, was much debilitated; in the lower part of the back she had violent pains, sensation of bearing down of the womb, with leucorrhœa. Menses had disappeared for two months. For more than half a year she had a chronic cough, constant fever, with long exacerbation and great frequency of the pulse, terminating towards morning in profuse perspiration and a more easy expectoration. The ejected matter was of a puslike quality, in small lumps, and frequently intermixed with blood. Considerable dyspnoea, in particular towards evening. By auscultation, I heard distinctly the crepitant râle, the resonance of the voice was great all over the affected parts, and distinct pectoriloquy was heard in the portion of the clavicular and scapular regions. The patient could not sit upright for a moment, and was so weakened by her constant cough and expectoration of greenish pus, that she could neither speak nor bear the least noise in the house. This great sensibility of the nervous system was the cause of her removal to a private house, and I saw no more of her. There was no hope whatever of her recovery, as her circulation was so low, that she could not get warm after merely rubbing her with wet cloths. Therefore the water treatment was of no use to her, and leaving the establishment in consequence of it, she died six weeks after her departure.

D. DISEASES OF THE DIGESTIVE ORGANS.

a. STOMACH AND BOWEL COMPLAINTS.

(Gastricismus.)

Case 1.—Mrs. —, 40 years of age; stout; yellow skin; blue eyes, and black hair.

The patient having been affected with salt rheum for 3 years, came to the establishment to be freed from her disease. On her way hither she spoiled her stomach, and on her arrival the morbid symptoms were as follows: a feeling of weight and oppression in the stomach, as if it were distended, inclination to vomit, eructation of fetid gas, tongue coated with thick slime, abdomen soft, copious evacu-

ations of badly digested meals, accompanied with slime of a strong offensive smell, fever remittent in the morning, exacerbating at night.

Want of room does not permit me to detail the course of her disease. I may only mention, that in a week after, the patient was doing well, and able to take exercise in the open air. Agreeably to the indications of symptoms, she used ablutions, bandages over stomach and abdomen, sitz-baths, and drank much fresh water.

Case 2.—Mr. —, 42 years old; strong and fleshy, of ruddy countenance, blue eyes, and gray hair.

The patient has been afflicted with indigestion for some time, and complains of a burning sensation in the throat, a flow of saliva in the mouth, heartburn in the pit of the stomach, and vomiting fluids of a sour and sharp taste. Breath and perspiration have a sour smell. The tongue is furred with slime.

In the course of seven weeks the patient felt perfectly restored. The treatment was diversified, and adapted as symptoms indicated.

GASTRITIS CHRONICA.

(Chronic Inflammation of the Stomach.)

Case 1.—Mrs. —, 57 years of age; white, wrinkled skin, ruddy cheeks, brown hair, and gray eyes.

Two years ago the lady was taken sick with an acute inflammation of the stomach, for which she was treated with calomel. She salivated dreadfully, she says, and has lost, ever since, her former digestive power. She complains of a sensation of weight, just as if a solid body were placed behind the xiphoid cartilage. This feeling never ceases, and is quite distressing by its constancy. Her appetite is impaired, and she experiences a sharp acid taste, which is especially intolerable after sleeping. Her tongue, therefore, is quite foul on rising. Great flatulency and a sense of distension, even after taking but a small quantity of food. The bowels are in a rather torpid state. At the same time her organs of respiration seem to be quite weak; she is very liable to catch cold, and in the evening she is generally hoarse, and complains of a tickling sensation. The skin is dry, the pulse low, the circulation irregular. Hands and feet cold.

The lady was about three months in the water-treatment, and very much benefited indeed. The course she pursued so successfully was, packing in a wet sheet until perspiring freely, with subsequent half-baths, at 72 deg., for three minutes; sitz-baths, from 70 degrees down to 60 degrees, for ten minutes; foot-baths at 65 degrees; wet bandages over chest and abdomen, occasionally a dripping sheet, and drinking six to eight tumblers of fresh water daily.

Case 2.—Mr. —, 29 years old; yellow complexion, and black hair; very slender.

The disease of the patient came on insidiously, a long while ago. His symptoms are as follows, viz.: pain in the stomach during the process of digestion, a feeling of uneasiness after dinner, and of unpleasant fulness about the stomach and epigastrum, which latter is very tender, as is shown by pressure. The bowels are constipated. At times he complains of great acidity and swelling of the stomach, fetid eructations and vomiting.

The patient remained some considerable time. A wet bandage over the abdomen, half wet sheet packings alternating with whole packings, and subsequent half-baths at 70 deg. down to 60 deg., sitz-baths at 72 degrees, for from fifteen to upwards of twenty minutes, drinking frequently small quantities of fresh spring water, and a strict dietetic regimen, improved his poor health gradually, and he left very much benefited.

SCIRRUS PYLORI.

(*Scirrhous of the Pylorus, the Lower Orifice of the Stomach.*)

Mrs. —, aged 22 years, of a feeble and scrofulous constitution and hectic countenance.

In combination with chronic bronchitis, with which the patient has been affected for years, she complains of the following symptoms: painful oppression in the region of the stomach, lancinating pains in the bowels, and vomiting of half digested food. Food or drink she never retains for more than two hours.

On examination of the abdomen, there was found on the right side, above the navel, a somewhat hard and round swelling, the stomach was drawn to the left, and so distended as to hang over. It was easy to perceive that the pylorus had been narrowed; thus the morbid symptoms were in accordance with the results of examination.

The patient did not improve at all; one reason of which was, that she gave the treatment a trial of only a few weeks; and another, that the disease under which she labored, as stated, may be considered as having attained a height rendering it incurable.

CARDIALGIA HYSTERICA.

(*Hysterical Cramp of the Stomach.*)

Mrs. —, aged 34 years, of very delicate constitution, languishing blue eyes, light hair, and a fine white skin.

The patient has for a long while been affected with hysterical symptoms, and complains particularly of violent spasmodic and contract-

ing pains in the stomach, preceded by heart-burn, and a discharge of light and sour fluid. She has at the same time a great distension of the praecordia, the most craving appetite, and a constant sensation of want and emptiness in the stomach. These attacks are accompanied with a great nausea and general oppression, and happen as often as every fortnight or three weeks, continuing then for one or two days. The menstruation is regular, but always combined with violent spasms. The secretion of urine is frequently suppressed, and on urinating the urine flows drop by drop, with severe burning pains. (Cystopathia hysterica.)

The patient, who had been afflicted with this disease for a long time, was very much improved by a mild but energetic treatment. In the beginning, washings and rubbings of the whole body, followed by cold pourings over the vertebral column, rendered quite an excellent effect, as they soon removed the state of irritable debility. Cold sitz-baths, running sitz-baths, douches and wave-baths, which were prescribed according to the state of the patient's health, and as symptoms indicated at different intervals, subdued the great hysterical irritability in the nerves of the stomach. The patient left the establishment perfectly free from cardialgia; but it was not possible, during the same time, to remove the disease of the bladder.

DYSPEPSIA.

Case 1.—Mr. —, 30 years old, sallow skin, gray eyes and auburn hair.

The patient's digestive powers have been poor for a long time, during which he has had to be very careful in his diet. The least transgression is followed by vomiting food and bile. The liver of the patient is somewhat torpid; the secretion of bile is small, and the faeces are often of a grayish white color. He has frequently a nervous headache in the forehead and occiput. Nervous palpitations of the heart; a dry, inactive skin; poor development of heat; cold feet.

The patient is in business at the South, and in the habit of coming to this place every summer. He improves then always very much; but indulging in everything on his return home, he loses during winter what he has gained in summer.

Packings in the wet sheet, and cold half sitz-baths, the gentleman feels agree with him, and benefit him the most.

Case 2.—A fine-looking boy of six years, with brown eyes, dark hair, and a pale-yellow complexion.

He has been affected with indigestion for

the last six months; complains of fulness and heaviness of the head, with a dull pain above the eyes; does not like to play; feels weary and depressed, and exhausted at the least exertion. His tongue is coated with slime; he has but little appetite, and feels a fulness in the stomach, frequently extending to the whole epigastrium. Rather costive. He has often grayish evacuations, indicating a torpid state of the liver.

Packings in a wet sheet, with subsequent cold half-baths; two sitz-baths a day at 60 degrees, for 15 minutes each; wet bandage over the abdomen, and drinking from six to eight tumblers of fresh water, daily, cured the little fellow in a few weeks.

Case 3.—Mr. ——, 40 years old, tall and slender, blue eyes, grayish hair, and feeble constitution.

The patient complains of slow digestion, disposition to constipation, a feeling of soreness in the abdomen, and a rumbling of wind—all incipient symptoms of dyspepsia. Appetite good.

By means of packings in a wet sheet, cold half and sitz-baths, and the wet bandage, the patient improved so much, that he left the establishment, after a sojourn of some weeks, perfectly cured.

Case 4.—Mrs. ——, 32 years of age, pale, dark eyes and hair, and of very feeble constitution.

This lady has for some time been affected with pains in the stomach, especially after her meals. She complains of annoying eructations of wind, in consequence of an extended flatulency. She has a sensation of sinking of the stomach, nausea, and also symptoms of a general debility, heaviness in the forehead and eyelids, with a frequent tearing pain in the eyes; she is very much disposed to catarrh of the mucous membrane of the frontal sinus and nostrils. A year ago she was sick with the dysentery, and took great doses of opium and calomel. In consequence of this sickness, and no doubt also of the medicines administered, there has remained since a considerable relaxation and weakness of the mucous lining of the intestinal canal. The torpid state of this membrane has caused great constipation, frequently alternating with a colligative diarrhoea. The tongue is coated with slime, the pulse is low, and the menses are regular. In the first part of the night the patient sleeps well, but in the second part she is very restless, and often awakened by a fluttering of the heart. The nervous system is in quite a debilitated state.

Although the lady did not stay here more than ten weeks, she improved considerably, and went home really invigorated.

Case 5.—Mr. ——, 25 years old, sallow complexion, blue eyes and light hair.

The patient complains of a dull headache in the forehead and pressure above the eyes, a constant sleepiness, relaxation and lassitude of limbs, dizziness, great flatulency, great distension of the abdomen after eating, acidity of the stomach, eructation of wind, and an unnatural appetite. He thinks he can never get enough. Stools regular, circulation slow, and feet cold.

The patient had been suffering from those symptoms for more than a year, but was perfectly cured. The dripping sheet and cold sitz-baths were in this case most beneficial.

Case 6.—Mr. ——, 46 years old, small and stout, yellowish skin, black eyes and hair.

Great indigestion, belching of fetid gas, great flatulency, evacuations often combined with colic and diarrhoea, tongue coated with slime, a nauseous taste in the mouth, and dulness in the head, are the chief symptoms of which the patient complains. At the same time he has rheumatic pains in the chest and epigastrium, extending over all the back. Sleep poor.

The patient is a hypochondriac, and showed great irritability about every thing. The circulation is very slow, evolution of heat poor. Feet cold.

Although the patient continued the treatment for three months, he made but slow progress towards health, and just as he was on the point of getting better, he left the establishment, affected with a critical bilious diarrhoea.

Case 7.—Mr. ——, 31 years old, yellow complexion, black eyes and hair, feeble constitution.

The patient has been affected with dyspepsia for two years, in consequence of a previous attack of the yellow fever. All means have hitherto proved ineffectual, and as a last resort, he now wishes to try the virtues of water. Nor was he disappointed. I found his skin dry and quite yellow, his abdomen full, and distended. He feels, after eating, a pressure in the region of the navel, extending to both sides, and continuing for several hours. His appetite is changeable, and his tongue is covered with slime. He has eructations of wind of a sour taste. The weather affects him very much. Warm and damp air impresses his mind with sadness; fresh, cool air gives a new impulse to the activity of his body. His organism has been so greatly spoiled by calomel and blue pills, that he often spends whole nights without rest.

The patient was perfectly restored, for his digestion became healthy, the weakness and irritability of his nervous system disappeared, and he enjoyed again a good refreshing sleep.

Treatment.—Packings in a wet sheet, half-baths 70 degrees, reduced gradually until 60 degrees, or plunge. Sitz-baths, forenoon and afternoon, at 70—60 degrees for 20 to upwards of 30 minutes. Rising and falling douches. Foot-baths at 60 degrees, for 10 minutes. Injections of 70 degrees. Wet bandage over the abdomen, and drinking water from the springs, eight or ten tumblers a day.

Case 8.—Mr. ——, 47 years old, feeble constitution, dry, wrinkled skin, sallow complexion.

After the patient has swallowed all kinds of drugs, and considers himself subject to dyspepsia for twenty years, he asks for admittance to the establishment. His last hope is in water, and he seriously thinks to be a healthy man again in the course of four weeks! The symptoms of which he complains are, loss of appetite, headache and vomiting, bitter taste and dryness of the mouth, a generally bad feeling, depression of spirits, frequent dizziness and chills, and at night he begins to have pain all over. His eyes and skin are often considerably yellow, and the urine is dark red. He is, besides, very costive.

The patient improved very little—for he remained too short a time for a favorable result.

Case 9.—Mr. ——, a strong young gentleman, affected with weak digestion in consequence of having had a bilious fever. Whatever he eats is apt to rise from the stomach, and all food, even the most digestible, causes a pressure on the epigastrium. Meat is offensive to him. He has headache in the forehead, and pressure above the eyes. The whole system is relaxed and languishing. Frequently his evacuations alternate with constipation and colligative diarrhoea.

The patient improved very much, his weakness of digestion being entirely removed, and his debilitated nervous system considerably strengthened.

Packings in a wet sheet; half-baths at 70 degrees, down to 60 degrees; sitz-baths at 60 degrees; running sitz-baths, foot-baths, wet bandages over the abdomen, drinking ten tumblers of water a day from the springs, were the means which proved efficacious.

DYSPEPSIA PYROSIS.

(Water-brash.)

Case 10.—Mr. ——, aged 25 years, tall, yellow and ruddy complexion, dry skin, brown hair and eyes.

The patient has long been afflicted with symptoms of dyspepsia, and has been reduced by great quantities of botanical and mineral

medicines, so far that his digestive organs are now unable to digest any food. He is suddenly overcome with fear and a burning heat, that rises upward like fire, from the stomach to the oesophagus and throat. It is combined with eructations of an acrid burning liquid, causing a distressing sensation in the parts over which it passes. The tongue is furred with slime, at times he has no appetite at all, at other times a craving hunger that he can hardly control in eating. Considerable flatulency and obstinate constipation. He has also often rheumatic pains in the shoulder, which shoot down the back to its lower part. Pulse small and weak; very little development of heat. Always thinking of his illness, he feels cross and hypochondriacal.

After a residence here of five months, the patient was perfectly cured. Packings in a wet sheet till perspiration came on, half and sitz-baths, wet bandage over the abdomen, and drinking from eight to ten tumblers of water daily, seemed to be the means most beneficial to him.

Case 11.—Mrs. ——, 37 years of age, small of size, with a dry, yellow skin, dark eyes and black hair.

For five years and more the patient has suffered with dyspepsia. She complains of loss of appetite, nausea, a great sense of fulness and weight in the stomach, of fluttering and sinking at the pit of the stomach, and acid eructations. Her tongue is coated with a thick slime; she is rather costive, and has frequently a pain extending from the region of the heart to the shoulder. Her sleep is good, her menstruation regular. She is nervous, and very much disposed to melancholy; the pulse is feeble and intermittent.

The lady left entirely cured by the use of wet sheets, half and sitz-baths, wet bandage, &c.

DYSPEPSIA NERVOSA.

(Nervous Dyspepsia.)

Case 12.—Mr. ——, a handsome young gentleman, of pale complexion, brown eyes and black hair.

The patient has travelled much in all parts of the world. Exposed to the hot climate of Africa, he contracted a bilious fever; in South America he was attacked with dysentery, and in China with inflammation of the bowels. His mode of life, too, has been extravagant, like that of many a seafaring man. All combined have broken his health completely, and particularly ruined his digestive organs. The patient complains of pressure in the stomach, and great flatulency, an insipid taste in the mouth, and sour eructations. The breath smells badly. He is highly costive, and his faeces are dry and mingled with slime. At the same time, he has

wind, fulness and weight of the head, with considerable heat in it, a very restless sleep, and distressing dreams. The action of the heart showed great irregularity, after eating particularly; a considerable palpitation of the heart made the patient very apprehensive. It may, no doubt, be ascribed to the great distension of the stomach. The muscular system was much impaired, for frequently his strength would be reduced so much as to cause the muscles to tremble, and the knees suddenly to give way. The spinal system too is enfeebled in a high degree; the whole length of the vertebral column feels very hot, and the lower part of the back is very weak, and the seat of excruciating pains. The patient, of course, feels sad and despondent; his pulse is very low and slow; the hands and feet are always cold.

It cannot escape the observation of an attentive reader, that such a combination of morbid symptoms can only be the result of a diseased state of more than one organ. In fact, the mucous membrane of the whole intestinal canal is torpid and affected; the muscles are wasting from defect of nourishment through the almost stagnant arteries; the nerves show great sensibility, and the spinal system is considerably deranged.

In this case, therefore, a very diversified treatment was necessary. Only with the greatest judiciousness and quiet observation, strictly following the course and critical terminations of the disease, it was possible, in the course of eight months, to restore to perfect health a body debilitated by exposure, deprivations, and extravagance.

Case 13.—Mr. —, 62 years old; tall and spare, silvery hair, and very debilitated.

The patient has suffered for two years with a chronic inflammation of the stomach and bowels. The whole organization, including the muscular, nervous, and spinal systems, has ever since felt greatly debilitated. No sleep refreshes him; his disquietude, which has its origin in the irritability of his nervous system, makes it impossible for him to sleep, much as he wants it. He is often affected with a ringing noise in the ears, and with heaviness and fulness of the head. He feels very weak in the back and its lower part; his digestion is so extremely bad that he requires a long time to digest even his dietetic sustenance. He has often a colic of so painful a nature as to make him writhe with agony. This colic was quickly removed by the hydropathic treatment. His taste was bitter and sour. He was very costive; his liver has been more or less hard for several years, and he often has a sensation of burning when urinating. All the organs of respiration are also very feeble, and the least

exertion of voice makes him hoarse. At times there is a feeling of heat in the lungs.

The patient was a considerable time here, and as far as his advanced age would permit, improved very much. He became more and more fleshy, and his organs of respiration were far from being so weak as formerly.

The treatment pursued was, packings in a wet sheet every other day, half-baths 75 degrees, for three minutes; sitz-baths, twice a day, at 70 degrees, from ten to upwards of fifteen minutes. Dripping sheets in the evening, injections at 70 degrees. Wet bandages over chest and abdomen, and drinking eight or ten tumblers of fresh water a day.

Case 14.—Mr. —, 43 years old; tall, brown eyes, deeply set, prominent features, brown hair and brows.

He has been a victim to dyspepsia for ten years, has often a bitter and sour taste in the mouth, heaviness and fulness of the stomach, particularly after eating, and throwing off of food, smelling sour and rotten. His breath smells badly, and his tongue is coated with slime. His abdomen is distended, and he has all sorts of noises in the bowels, accompanied with gripes, and belching of wind of a fetid odor. His complexion, particularly about the nose, mouth, and eyelids, is sallow. He feels much out of humor, cross and disheartened; has headaches, heaviness and heat of head, particularly after eating, and his hands and feet are always cold. The patient is a great hypochondriac; he complains also of heaviness in the groins and hips, lassitude in the lower limbs, and frequently of an intermittent and extremely poor beat of the heart, to which must be ascribed that anxiety and shortness of breath with which he has been affected for the last three months. By auscultation was observed an asthenia of heart, based on the general weakness of the nervous system.

The patient was in treatment for about five months, and highly benefited. His digestion had never been better, the nervous debility and excitability disappeared nearly altogether, and the intermittent beat of the heart was gone when he left the establishment.

Treatment.—Packings in a wet sheet until warm, then half-baths at 70 degrees, gradually reduced to 60 degrees, or plunge. Sitz-baths, forenoon and afternoon, at 72 degrees, reduced to 60 degrees, for twenty minutes, or running sitz-baths. Rising douches, foot-baths in the evening at 65 degrees, for ten minutes. Wet bandages over the chest and abdomen.

Case 15.—Mr. —, 27 years of age, small of size and feeble of constitution, pale com-

plexion, long Roman nose, very large brown eyes, and dark hair.

He has been afflicted with dyspepsia these three years. After eating he feels an oppressive pain in the stomach, where the food seems to be lying undigested, without giving sustenance or strength to the body. He is annoyed with belching of wind, and frequently he vomits his vituals undigested. His pains are at the fundus of the stomach, but sometimes above, as if his food did not go down. Before these attacks of dyspepsia he led a sedentary life, and suffered with constipation, which still continues. His head can bear no noise, and he cannot sleep. The cause seems to be nervous impressibility. His mind is often distressed, and makes him feel sad and melancholy. He also feels easily chilled, and cannot get warm again for a long time. He passes water but seldom, (only once in 20 to 24 hours,) but without difficulty. The urine has a red and white sediment. The circulation of his blood is extremely irregular, and his hands and feet are, for the most part of the time, cold. He had, moreover, an enlargement of the right ventricle of the heart, the pulsation is hard under the xypoid process in the trochaical time, percussion is dull towards the right. The jugular veins are swollen and bluish, the parietes of the large ventricle of the heart are very thin. This disease of the heart is organic.

The patient was perfectly cured of his nervous dyspepsia, and the symptoms which endangered his life, on account of his organic disease, are so far overcome that the patient is but seldom reminded of the same by more than a slight palpitation of his heart.

His treatment consisted of half-baths at 72 deg. to 60 deg., or plunge, according to symptoms; sitz-baths in the forenoon, and half-baths in the afternoon; foot-baths, at 72 deg., twice a day, and wet bandages over the chest and abdomen.

Case 16.—Mr. —, aged 38 years, oblong and sun-burnt countenance, blue eyes, and brown hair.

The patient has suffered from dyspepsia for several years. An irregular life and excesses of every kind seem to be the original causes which have led to the present derangement of his nervous system. The innervation of his central organs extends, apparently, to the nerves of the stomach. With his other dyspeptic symptoms are combined a depression of mind bordering on melancholy, a general prostration, loss of flesh,—the patient losing in two weeks 12 pounds,—great restlessness, and incapability of doing anything whatever. The kidneys, besides, are in a state of chronic sub-inflammation, the urine being mixed with slime and a sediment of phosphate of lime.

The patient improved very much under the treatment, gained flesh, digested better, and assumed a jovial disposition. I regret that official duties called him away and interrupted the treatment before the cure could be perfected.

Case 17.—Mr. —, 28 years old, pale complexion, blue eyes, deeply set, and with bluish circles around them.

The patient has ruined himself by leading a most extravagant life in his younger days. Hence, his nervous system is so relaxed that it affects his memory and digestive organs. He feels, in fact, completely prostrated and languid, with a constant inclination to sleep that he is not able to satisfy. He has always a ringing and singing in the ears, is dizzy, and disinclined to make any motion. The rustling of the leaves of trees even causes him headache and palpitations of the heart. Relaxation of the genital parts, with nocturnal involuntary pollutions, and extreme melancholy, make him so disgusted with life that he would rather kill himself than live. Such are the most prominent symptoms of his diseased nervous system. As to his digestive powers, they are impaired so much that he often has to vomit even the most easily digestible food; if it stays upon his stomach, he feels as if there were a weight in it, and he has repeated belchings of feid gas and a taste of sour water-brash. His evacuations are often mere discharges of white mucus.

The patient was only five weeks under treatment, and experienced no benefit at all. It was evidently too short a time for such a long-standing disease to expect any favorable result.

Case 18.—Mr. —, tall and spare, sallow complexion, blue eyes, and dark hair.

Afflicted with indigestion for a long time, he complains of a sensation of fulness in the region of the stomach, as well as great soreness, which extends through the whole oesophagus. He has a bitter taste in the mouth, coated tongue, and either no appetite or a craving hunger. He is costive, and has frequently a dull headache in the frontal and super-orbital regions. Circulation is poor; his skin dry and inactive. Hands and feet cold. His mind is very much depressed and melancholy. He has often, also, neuralgic pains in the shoulders and along the back.

The patient remained only a few weeks in treatment, and did not improve at all. These kinds of diseases require great perseverance before the water takes effect.

Case 19.—Mr. —, dry and sallow skin, a greenish yellow complexion, black hair and eyes.

Has been afflicted for many years with indigestion: the mucous membrane of the intesti-

nal canal is much affected, and the digestive organs are very enfeebled. The circulation is extremely variable; whenever he feels very nervous, his pulse sinks to forty in a minute. He ascribes his disease to mental labor and to troubles in life. The least over-exertion of his mind is apt to bring on palpitation of the heart. His sleep is often disturbed, and he feels his whole system reduced, nay, frequently overpowered by a total lassitude and prostration.

The patient spent about three months at the establishment, and was very much improved indeed. The wet bandage over the abdomen, the packing in a wet sheet moderately applied, cold half and sitz-baths, and dripping sheets contributed daily to considerable improvement, and the patient left perfectly satisfied with the great benefit he had received.

DIARRHœA CHRONICA.

(Chronic Diarrhaea.)

Case 1.—Miss ——, aged 24 years, tall and spare, with a pale complexion, brown eyes and black hair.

Even as a child the patient has experienced a chronic diarrhoea every summer, that exhausts her so much that she is hardly able to keep upright. She has from six to eight evacuations a day, pretty large in quantity, and mixed with a yellow slime. From twelve to three o'clock in the night the pains are so violent that loud cries escape her, and she writhes in agony. The nature of these pains is both cutting and gripping. Her appetite is good, and her pulse normal. Menses are regular. She has taken immense doses of morphine and calomel, which only rendered her condition worse.

In the five or six months in which the patient remained at the establishment, she regained her health completely. Her stools became regular, and the evacuations assumed a healthy character. The general debility gave every day place to new strength, and she was fortunate enough to have all the mercury expelled from her system. I was surprised once at observing and having communicated to me the following symptoms: heat and burning, with a peculiar metallic taste in the mouth; accumulation of tough saliva; looseness of the mucous lining of the mouth, the color of which was pale and livid, and swelling of the gums, leaving the teeth bare. The patient could not sleep for several nights and days, on account of the quantity of fluid in the throat, which kept her coughing. These are plainly the symptoms of a common salivation. After the formation of

a large boil, which, on breaking, discharged an enormous quantity of pus, doubtless containing mercury, the patient felt better than ever before in her life.

The treatment pursued was as follows:—In the morning, packing in a wet sheet until warm, and then half-bath at 60 deg. or plunge, sitz-bath at 72 to 60 degs. for 25 min. forenoon and afternoon. Sometimes running sitz-baths for 10 min. and sometimes wave-baths for 3 min. In the evening, foot-baths at 65 deg. for ten min. Drinking ten to twelve tumblers of fresh spring water, daily, and wearing a wet bandage over the abdomen.

Case 2. Mr. ——, 22 years old, pale complexion, tall and slender, black eyes and hair.

In consequence of having had the cholera two years ago, the patient has been since afflicted with diarrhoea. The discharges look almost like water, and contain sometimes whole stripes of mucous lining from the intestinal canal. The length of time that the patient has been a victim to this disease, has enfeebled him so much, that he is not able now to digest the least food without calling forth a colliquative diarrhoea. He complains of eructation from the stomach, great flatulency, and a sensation like sinking of the stomach.

The patient was much benefited by the treatment, but not cured, because important business called him away after a comparatively short sojourn in the establishment.

DIARRHœA CHRONICA SEROSA.

(Chronic Serous Diarrhaea.)

Mr. ——, tall, black hair and eyes, and a dry skin.

The patient, who in other respects is in good health, has been afflicted for several years with a great weakness of the intestinal canal. Notwithstanding he uses great precaution in his diet, he discharges frequently his food undigested, which leaves an extraordinary weakness behind, followed by several serous evacuations. They are very copious, and commingled with a thin, feculent substance of a pale white color, and also with slime. The act of evacuation is extremely quick, and the patient feels as if the whole intestinal canal had been discharged at the same time. With this exception he is relatively well, having a good appetite, clean tongue, good sleep, and good circulation. He is of the opinion that it is the use of sulphur and assafoetida which has reduced him so much.

After a treatment of about three months, the patient was perfectly cured. Sitz-baths at 72 deg. for 20 min.; injections at 70 deg. imme-

diately after every evacuation, the wet bandage and frequent drinking of water, with a diet limited to farinaceous food, restored the patient so far that in the eighth week he had a normal, substantial evacuation. Packing in a wet sheet brought on a clammy perspiration, smelling of sulphur, and thus the patient regained his health, after having been almost four years subjected to disease.

DIARRHœA CHRONICA MUCOSA.

(*Chronic Mucous Diarrhaea.*)

Mr. ——, a slender and tall gentleman, with yellow complexion, blue eyes and gray hair.

After having suffered a long time from dyspepsia, the patient has had chronic discharges of slimy albuminous follicles, with undigested food; great distress at the stomach, and sharp cutting pains in the umbilical region. He has often from three to four such evacuations a day. His appetite is good, but his tongue coated with slime. Moreover, the mucous membrane of the bronchia is affected with catarrh, in consequence of which the patient coughs considerably, and ejects a greenish slimy substance. His skin shows a great inactivity, and is very dry. Circulation very slow. Development of heat poor. General debility and relaxation of the system.

The patient had only six weeks to devote to his treatment, but in that time he improved evidently. In the third week he had gained much strength, and the distressing pains disappeared. In the fifth week he had a slimy evacuation, with lumpy faeces.

Packings in a wet sheet, with half-baths at 70 degrees, sitz-baths at the same temperature, gradually lessened until at 60 degrees, of fifteen minutes' duration, wet bandages over the chest and abdomen, and drinking daily eight or ten tumblers of fresh spring water, constituted the principal remedies to which the patient owed his rapid improvement.

ENTERO PHTHISIS.

(*Tubercles of the Bowels.*)

Mr. ——, 26 years of age, very feeble of constitution, and of a totally debilitated organism.

Two years ago he was taken for the first time with dysentery. Since he has had several relapses, which have reduced him so much that he has lost almost all flesh, and been attacked also with colliquative sweats and a hectic fever. He has griping pains about the navel, a constant diarrhœa, often five or six times a day, consisting of a puslike, ichorous evacuation, mixed with bloody streaks. The tongue is covered with slime. Great flatulency.

In the few weeks during which the patient

was under my care, I could observe no improvement.

HÆMORRHOIDS, (PILES,) AND LIVER COMPLAINTS.

b. PILES.

Case 1.—Mr. ——, 25 years old, tall and of a pretty good constitution, dark hair and eyes, and a dry, sallow skin.

In the 14th year of the patient, when he resided in Ohio, he had the fever and ague in the highest degree. It had never left him entirely since, but returned, though slightly, every spring and fall. Hence, there remained a hyperæmia of the liver, (hepatic engorgement,) causing great debility in the digestive organs, and a continual burning and pressing of the stomach in the region of the heart. The patient complains of eructations of an astringent acid, great flatulence after his meals, and is so much constipated, that once a whole week elapsed without his having any evacuation, although he used medicines for the purpose. These had only rendered him more constipated, and destroyed his power of digestion. The faeces, hard as a stone, caused a great swelling in the rectum, and the sharp pains there, in passing the bowels, showed a great inflammatory state of the rectum. Patient also complains of great weakness, prostration and languor. Circulation bad, hands frequently like ice, while the feet are perspiring. At the same time there is a heaviness and fulness in the head, with inclination to sleep. Frequently a whitish mucus, similar to a solution of gum arabic, passes the bowels. It was plain that the case was one of abdominal plethora in a high degree. The patient acknowledged to have led formerly a dissipated life, but latterly a sedentary one, and that he had undergone three mercurial courses, which had ruined his power of digestion entirely. Disease and combined habits had thus led to his present sufferings from blind piles.

The first four weeks the patient was quite cross, and frequently melancholy, because he felt no improvement at all. The pain in his head did not leave him, and the constipation was quite obstinate. But as he had found no relief, and could not expect any from medicines, he concluded to continue the treatment. The packings in a wet sheet and cold sitz-baths began now to relieve his head and moderate his constipation. The wet bandages on the abdomen and over the anus increased the activity of the abdominal organs. The faeces did not show the same torpid state of the liver as formerly, but became of a more natural color, and were less consistent. Finally, after the application of the rising douche to

the anus, the patient felt, in the tenth week of the treatment, external piles protruding in quite large tumors. After three weeks more of treatment, they began to bleed, and the patient was not only relieved from his distressing sufferings, but in fact so well, to use his own words, as he never had felt all his life.

BLIND FILES.

Case 2.—Mr. ——, 31 years old, small of size, and of scrofulous habit.

Two years before he had had an abdominal neuralgia, for the cure of which he had taken so much iodine as to affect very considerably the glandular system.

All his digestive powers were so completely ruined that he could not digest the least thing. The patient complained, besides, of fulness in the stomach, flatulence, pains in the back, and constipation. Frequently there was a dull pain in the region of the liver, his faeces were of a grayish color, blended with a whitish slime. Skin dry. Though the patient was so greatly debilitated, he recovered very rapidly. He improved with every packing, for the suppressed function of the skin was restored, and already, in the seventh week, boils of a light red color covered his chest and abdomen. They carried off a large quantity of impurities in the body. Like the wet sheets and bandages, which had restored the activity of the skin, short sitz-baths and the rising douche brought the tumors, which appeared, to a bleeding. Drinking fresh water in moderate quantities strengthened the digestion and promoted the secretions. The patient became daily better, and returned in health to his home.

Case 3.—Mr. ——, 24 years of age, tall and straight, with light hair, and small blue eyes, which lay deep in their sockets.

The patient had led a pretty free life, and had in consequence undergone twice a cure by mercury, and once by iodine. Both together had weakened his digestive powers very much, affected the glandular system, and caused the gradual approach of an abdominal plethora, the symptoms of which were as follows:—

A feeling of pressure between the navel and stomach, periodical flatulency, and a great sensibility of the hypochondres; want of appetite, alternating with craving appetite, and often an eructation of offensive gas. These symptoms indicated that some torpor must exist in the circulation through the intestinal canal and its branches, and be the cause of filling the abdominal organs with venous blood.

The patient improved very rapidly under the

influence of packing in the wet sheet, cold sitz and half-baths, wet bandages on the stomach and abdomen, and much exercise in the open air. Finally, on application of the rising douche, the hæmorrhoidal veins began bleeding, whereupon all symptoms of disease disappeared.

HÆMORRHIODS WITH NEPHRITIS CHRONICA.

Case 4.—Mr. ——, aged 36 years, stout and straight, of a very sanguine and happy temperament, dark eyes, black hair and beard.

The patient had formerly been a seafaring man; and leading the free life of a sailor on shore, had ruined a constitution naturally good. He was also much affected with the consequences of a fever he had in Africa, and for both reasons he had suffered for some time past from an engorged liver. The symptoms of his disease were numerous, and as follows:—

The hypochondres very *swollen* and sensitive; there is often considerable pressure between the navel and the stomach, especially after eating; great flatulency in all the abdomen; tongue covered with slime; at times no appetite, and at other times a craving hunger. The state of his temperament, from its variableness, was very remarkable; the jovial man was frequently an insufferable hypochondriac, absorbed in most sad thoughts, and giving up all hopes of ever recovering. Sometimes he had violent headaches, as if a pistol ball had pierced his brain; a humming and hissing in the ears, and dark, dismal dreams. Often the patient was much excited, at which times the pulse beat full and rapidly; and often he had palpitations of the heart, which caused great uneasiness of mind. He was besides affected with pains in the back, heat and heaviness in the anus and perineum, constipation and tenesmus, with all their accompanying evils, and large tumors in the intestinal canal. The passing of water was slow, and not unfrequently painful; in the region of the kidneys he had frequently a pain which extended along the urethra into the pelvis. The urine was turbid, and of the consistency of alkali.

From this description of symptoms, the reader will perceive how complicated the case is; for every organ seems affected as regards digestion, circulation, and the nerves. To cure a case like this, radically, requires a long time. The patient has been under treatment two summers, and he confesses himself greatly benefited. The treatment had to be a very simple and mild one, because the least irritation from exciting baths made the matter worse for several weeks. Packing in a wet sheet rendered the patient perfectly furious, notwithstanding he had a wet bandage all the time

upon the head. Half-baths at 60 degrees, wave-baths for five minutes, sitz-baths from 70 down to 60 degrees, lasting for from ten to upwards of fifteen minutes, and wet bandages over stomach and abdomen, did him good service, and restored gradually the normal action of the abdominal system. It is an unquestionable fact, that the treatment with water has been of the greatest benefit to the patient, although it has not yet effected a cure. There is no doubt, however, that this will eventually be the case, provided the patient continues the water-treatment, and keeps a strict diet.

HÆMORRHOIDS, WITH PROLAPSUS RECTI.

Case 5.—Mr. ——, 40 years of age, with a sallow complexion, a very bilious constitution, dark eyes and hair.

The constitution of the patient, who had been for a long time affected with abdominal plethora, was ruined by physics which he swallowed daily, in order to overcome his great constipation. He had commenced with mild purgatives, but found himself by degrees obliged to use more and more powerful medicines, and in constantly increasing quantities. The mucous membrane of the intestinal canal became, in consequence, chronically inflamed and torpid. The secondary reflexion on the nervous system was dreadful; for the patient suffered both from a total depression of spirits, and from neuralgia. He was unable to sleep, and his whole system was in a state of prostration and languor. Tongue furred with slime; swelling of the hypochondres; exhalation of fetid gas; a constant sensation of fulness in the abdomen; pressure between the navel and stomach; pains in the back; great irritation in the seminal strings and the prostate gland; excessive constipation, and three internal tumors of the size of large hazel-nuts, obstructing the passage, were the prominent symptoms of his disease. The patient was of course much reduced; his countenance bore the impress of great suffering, and he lost his hair in quantities; his nerves, moreover, became so sensitive, that the least noise caused his heart to palpitate extremely.

He, too, was under treatment here two summers, and said he never felt as well as under the influence of our pure water and bracing mountain air, as well as our simple but nourishing diet. In this case, packing in a wet sheet until transpiration, and followed by half-baths at 70 degrees down to 60 degrees; sitz-baths at 70 degrees for from 20 to 30 minutes (colder than 60 degrees the patient could not bear); and wet bandages over the stomach and abdomen, day and night, were most beneficial.

In the ninth week after his arrival, he needed no more injections, which he had taken at 70 degrees, but his evacuation was daily and regular. A feeling of exhilaration ensued; the patient, who had apparently hated all mankind, now sought the society, and became an amiable companion of his fellow patients. It gave him great pleasure to take his exercise and drink from the springs in the woods. In the third month he was able to walk, daily, from six to seven miles. The use of the rising douche in the fourth month of his sojourn, brought on a pretty profuse bleeding, and the patient, when he arrived the second season, was very much improved.

Case 6.—Mr. ——, 50 years of age, with a yellow complexion, a dry, inactive skin, gray eyes and brown hair.

The patient complained of great dulness and heaviness of head, sleeplessness, lassitude of body and depression of mind. He is very constive, but digests pretty well. Frequently a feeling of fulness and heaviness in the right hypochondre. The hæmorrhoidal veins are quite swollen, and form a complete circle round the anus. Circulation, bad; pulse, slow and intermittent; hands and feet, cold. It requires a long time for him to get warm after taking baths. He recovered, however, as soon as the piles began bleeding, which took place in the seventh week of treatment, at first only by drops, but afterwards by table-spoonfuls.

The treatment consisted in the application of the wet sheet, cold half and sitz-baths, wet bandages and injections.

Case 7.—Mr. ——, aged 53 years, with a dry, yellow skin, gray eyes and hair.

The sedentary life of the patient had, a couple of years previously, brought on an abdominal plethora, which caused a cessation in the functions of the intestinal canal, and resulted in a stoppage of the hæmorrhoidal veins. With the exception of a frequent violent headache in the occiput and supra-orbital region, the patient feels pretty well, as the regularity of his present evacuations gives him great relief from the symptoms of disease, which had troubled him, namely: eructation of wind, nausea, inclination to vomit, and a considerable flatulency. On the outer margin of the rectum he had two tumors.

After the use of the wet sheet and cold sitz-baths, a bleeding came on, which gave him great relief, and he left the establishment in very good health.

INFARCTUS HEPATIS.

(*Infarction of the Liver.*)

Case 1.—Mrs. ——, 37 years of age, of a

pale, sallow complexion, a yellowish color of the white of the eye, and somewhat melancholy in her looks.

She suffers from dyspepsia of all kinds. After her meals she has always an inclination to vomit, and feels very badly. She has much pain in the right side of the abdomen, extending to the lower part of the back. Her appetite is scarce; her taste bitter, her digestion weak, and her stomach much inclined to periodical vomiting of bile, which exhausts her greatly. Her abdomen feels hard and distended, and her tongue is furred with slime. In consequence of the great sensitiveness of the abdominal nerves, caused by the infarction, the other parts of the nervous system are also much affected. She is very hysterical; and her headache is frequently attended with violent pains, a pressure over the eyes, and weakness in them. She had, moreover, a feeling of weariness over all the body, which was increased by the flow of a thick yellow slime from the vagina, mostly in the night and after exercise. Menses regular. Sleep bad, and often interrupted by anxious dreams. Often, ascending the stairs, or the least trouble of mind, bring on palpitation of the heart.

The patient was much benefited, and may expect to be fully cured by a persevering treatment with water. The prescriptions were, packing in a wet sheet until warm, occasionally until transpiration, then half-baths 72 deg. gradually reduced to 60 deg., sitz-baths forenoon and afternoon, 72 to 60 deg., or running sitz-baths, hose douching at 65 deg., foot-baths at 65 deg. for 10 min., wet bandage over all the abdomen, and drinking sixteen to twenty tumblers of fresh water a day.

Case 2.—Mrs. ——, 32 years old, of a pale yellow complexion, and a feeble constitution.

The patient complains of a dull pain in the region of the liver, and of a singular feeling of heaviness there. Her digestion is tolerably good, although she is very constive. The faeces (hard lumps) show no secretion of bile, and have a grayish white color. The patient suffers also from nervous sensibility and debility. She has frequently both a trembling of the muscles and a fluttering of the heart. The head is often affected with a pressure over the eyes, so that she can hardly keep an eye open. Sparks seem flitting before the eyes. Menses regular; but often the patient has such a sinking of the womb, that she is not able to stand or to walk. A considerable weakness in the back, the right ovary enlarged hypertrophically.

Although there was a great complication of diseases, the most prominent affection proved to be the infarction of the liver, as it exerted

a great influence, affecting by reflection the nervous system considerably.

The patient was perfectly cured, with the exception of the hypertrophical enlargement of the right ovary. Cold baths, in this case, seemed very effective, reviving the relaxed tissues, and together with a strict diet and much exercise in the open air, promoting the secretions of the bilious system. The normal activity of the liver was restored by her wearing constantly wet bandages, which effected an expulsion of suppressed bile, through the pores of the skin.

HYPERTROPHIA HEPATIS.

(*Hypertrophy of the Liver.*)

Case 1.—Mr. ——, 41 years old, with a dry, hard skin, poor in flesh, gray eyes and hair.

For 21 years the patient has been the victim of dyspepsia. He complains of a feeling of heaviness in the right hypochondre, particularly after his meals, and of costiveness. The faeces are mostly composed of grayish, bilious substances. His appetite is good, the tongue furred with slime, and on the right side, back of the tongue, is seen a pseudo-muscular formation, the size of a pea, which causes some impediment to his speech. The patient has had the piles for several years, but their bleeding has not been suppressed. He complains, also, of nervous palpitation of the heart. A consultation and percussion show neither dislocation nor dilatation of the heart. The bodily strength of the patient is much reduced; he feels always a weakness in the back and lower part of the sacral region, has involuntary emissions of semen during the day, and is impotent from relaxation of the penis. The nervous system is enfeebled and depressed. The result of palpation and percussion was, that the right hypochondre is prominent, the lower ribs are turned outward, and the whole right half of the trunk is deformed. The enlarged liver may be felt two inches under the false ribs, and appears in the epigastrium as a resisting swelling. The sound of percussion very dull all around.

The patient was for half a year in the establishment, devoting himself with great energy to the treatment, and confident of its good results. In the third month the great nervousness was overcome, the sexual parts became stronger, and there were no more involuntary emissions. His strength increased, and his digestion became good. The patient was, indeed, on the way to recovery. Examining the trunk of him again, in the fifth month of his residence with us, the resistance of the right hypochondre was found considerably diminish-

ed, and that but very little remained to the touch of the swelling of the liver. The wet sheet, wet bandages, half and sitz-baths, had been doing wonders indeed. Through one of his friends, we received a kind message from the patient, and were informed that he continued to improve, by a continued diligent use of water, at home.

Case 2.—Mrs. ——, 35 years old, of a feeble constitution, pale-yellow complexion, brown eyes and black hair, and spare of body.

The patient has suffered for many years from enlargement of the liver, which has increased perpendicularly in its volume, forming a tumor in the right hypochondriac region. In the cardiac region she feels a pressure, a kind of agitation, and great sensitiveness to all pressure on the surface. Of course, there is great irritation of stomach, and no digestion, on account of the pressure caused by the liver. Whatever she eats or drinks is almost constantly ejected. Spinal irritation, pains along the medulla oblongata, weakness in the back from sinking of the womb, leucorrhœa consisting in secretion of a thick, lymphatic slime, causing most poignant pains when discharging itself, extreme debility of the nervous system, palpitation of the heart, accompanied with violent headache, on one side; a bitter and sour taste, no appetite; and, for several summers, a colliquative diarrhoea, contributed to render the life of the patient miserable, and rendered her unable to sit erect during the last five months.

This lady had to be treated very tenderly and cautiously. Our mild treatment, however, proved so favorable in the course of five months, that the enlargement of the liver diminished by degrees, the exhausting vomiting ceased, and a healthy appetite and digestion returned, which effected a pathological removal of the distempers and restored the organs to their normal functions. A dangerous sickness of her daughter at home, which occurred about this time, required her attendance, and she left the establishment.

The treatment pursued consisted of half-baths at 72 degrees, and sometimes packings in a wet sheet, in the morning; sitz-baths at 72 degrees, for 15 minutes, once or twice a day; foot-baths at 65 degrees for 10 minutes, in the evening; wet bandages on the abdomen, and drinking ten to twelve tumblers of fresh water per day.

PYMELOSIS HEPATIS.

(*Fatty Liver.*)

Mr. ——, 33 years of age, with blue eyes, dark hair, and a yellowish, waxy complexion.

The patient, who was from the West, had had there several intermittent and typhus fevers, which had impaired his digestive powers greatly. For the last six months and more he has had a chronic cough, and ejects a thick grayish pus. Hectic fever and profuse sweatings at night have reduced him greatly in a short time. He has no appetite, feels a pressure in the region of the stomach after eating; has frequently eructations of a sour taste, and a peculiar pain in the right hypochondre, shooting quickly upward to the right shoulder. The urine is of a dark red color, and shows no bilious sediment at all. The results of auscultation, palpation, and percussion are as follows: tubercula in the upper part of the right chest at the clavicular region; a great resistance in the right hypogastrium, the liver protruding as much as three fingers under the false ribs, and thickened on its margins.

This disease of the liver, from a tuberculous degeneration of the organ, could not be cured, and even received no benefit at all. The bodily strength improved, and the exhausting night-sweats were removed, but only temporarily. Neither was the state of the organs of the chest benefited, for the tuberculosis had progressed too far.

The treatment was mild, and in accordance with the prominent symptoms.

HEPATITIS CHRONICA.

(*Chronic Inflammation of the Liver.*)

Case 1.—Mr. ——, aged 43; dark yellow complexion, dry skin, dark eyes and brown hair.

The patient has for a long time been affected with dyspepsia, and a flatulent state of the bowels in the epigastrium after his meals, loss of appetite, irregularities in his excretions, the color of which is sometimes of a light yellow and sometimes of a dark color. The tongue is slimy, furred, and has a bad taste, the head feels heavy and full, with a great inclination to sleep. He feels almost constantly in bad humor, hates business, and, like every hypochondriac, is sunk in thought and alarmed about his health. The region of the liver is much swelled, sensitive to pressure, and the liver is prominent beneath the ribs. The patient has also had the piles for many years, not suppressed, but bleeding regularly.

He was greatly benefited by packing in a wet sheet, and subsequent half-bath at 70 degrees, every morning, sitz-baths from 70 down to 65 degrees, for from twenty to upwards of thirty minutes, foot-baths, wet bandages over all the abdomen, much drinking of fresh water, and moderate exercise in the open air. The skin resumed its function, the complexion be-

came clear, the costiveness was removed, and the feces gave indications of the torpid state of the liver having ceased.

Case 2.—Mr. ——, 27 years of age; of sallow complexion, but of a strong constitution.

The patient feels frequently affected with pressure and a dull pain in the vicinity of the liver, considerable fulness in the epigastrium, eructation of a sour taste, and at times of a bad smelling gas. Often he has a bitter taste in the mouth, there is no great constipation, but the feces are not unfrequently slimy and of a grayish color, indicating a total suppression of bilious secretion. On examination, the region of the liver was much distended and very sensitive, protruding the width of two fingers beneath the ribs.

The patient was perfectly cured, his digestion was restored, the bilious secretions became normal, and the extension of the liver lost its volume as its chronic inflammation diminished. The treatment was much the same as in the previous case, with the exception that cold baths were more frequently employed, as this patient could bear them better.

HEPATITIS CHRON. CUM INFARCTU SPLENIS.

(*Chronic Inflammation of the Liver with Infarction of the Spleen.*)

Case 3.—Mr. ——, 40 years old; of yellow complexion, very spare, small, but stout of form.

The patient had brought on his disease by a love of intoxicating liquors. He complains of a swelling of the stomach, a dull pain in the right side of the epigastrium, a pressure in the abdomen after eating, general debility, cold perspirations, and costiveness, alternating with loose bowels. By inspection and palpation the subcutaneous veins of the skin were found very much distended; beneath the ribs on the left side an irregular swelling reaching almost to the navel, and the left portion of the liver pretty palpable.

This case presents a complication, as there exists besides the degeneration of the liver, a swelling of the spleen.

The patient did not remain long enough in treatment; four or six weeks are far from sufficient to recover from any chronic disease of so long a standing.

INDURATIO HEPATIS.

(*Induration of the Liver.*)

Mr. ——, 53 years of age; with a sallow complexion, a dry, wrinkled skin, blue eyes, gray hair, and deaf.

Affected for a long time with dyspepsia and disease of the liver; the patient has been in the

habit of using injurious drugs and medicines. Every other day he had taken as breakfast either some blue pills, rhubarb, jalap, or aloë. His digestive powers had thus been destroyed, and the distemper of the liver more and more increased. Congress water had no longer any effect upon him, and had reduced him so much that he could not retain any food. Moreover, he was costive in a high degree, his faeces were hard as stone, showing no secretion of bile, for the color was quite gray. The abdomen felt full, particularly towards the right side of the epigastrium; then there were flatulency, sour and frequently bitter eructation, cold hands and feet, and a dry skin, without any sign of activity. By palpation the liver is found to protrude beneath the false ribs, with evident demarkation of borders. Percussion rendered a dull sound as far as the region of the navel.

After the patient had been here a fortnight, he thought it impossible to remain any longer without the use of physics. In spite of injections, sitz-baths, and wet bandages over the abdomen, his costiveness was so extreme that he had scarcely twice in that time a sufficient evacuation. However, by continuing for some time longer his half-baths and wet sheet packings, he was sensible of a change for the better, and in the third month had daily, regular bilious passages. His digestion returned, and he could eat again many dishes, which he formerly could not do without a feeling of the utmost distress, such as any kind of vegetables. The patient went on improving; and after five months he left the establishment, with feelings of lively gratitude for being restored to a state of health he had no recollection of having ever enjoyed.

CIRRHOSIS OF THE LIVER.

(*Granular Liver.*)

This disease, arising from a fatty degeneration of the liver, came under my observation only once in the two years of my being here. The patient was a lady of 27 years, of a sallow tinge, resembling nearly a wax model, blue eyes, and dark hair. The skin has the appearance of being bloodless, almost semi-transparent and waxy. To the touch the general integuments feel smooth and flabby. Her menses are irregular; either they are regular as regards time, but profuse for seven or eight days; or, she has for several months, instead of menstruation, a profuse haemorrhoidal flow, having been affected the last ten years with the piles. Digestion is considerably enfeebled, although she is able to eat a great deal, but it causes an eructation of a bad odor, faintness, or vomiting. There is a great flatulency in all the abdomen, the tongue is furred with slime, and the patient

complains of great shortness of breath, and of palpitation of heart. The skin is puffed up and oedematous. The result of examination of chest and abdomen was an insufficiency of the tricuspidal valve, and a dilatation of the right ventricle of the heart, atrophy of the left portion of the liver, which we judged from the remarkably clear sound of percussion on the left side of the cardiac region. The subcutaneous veins of the stomach appeared much distended, in particular on the right side, towards the right hypochondre. The urine is yellow, like an orange, with a tinge of red, containing a great deal of acid and an abnormal quantity of urinous ammoniac.

The patient was at the establishment for several months, but did not get any better, although every effort was used to benefit her. In the fourth month of her residence we perceived plainly a diminution of the liver; the feet swelled more and more; a serous tumor in the abdomen began to form; the urine was less profuse; the skin more and more yellow, owing to the pressure on the hepatical ducts of the atrophic liver. By our own advice the patient, who evinced much perseverance, gave up the treatment. We saw that neither benefit nor recovery could be derived from it, for the degeneration of the liver had progressed too far ever to be remedied. The defect of the heart was organic, and no doubt the primary cause of all the sickness.

ICTERUS CHOLERICUS.

(Jaundice.)

Mr. ——, 39 years old, of a healthy appearance and strong constitution, lost suddenly all his appetite on a hot day in summer, had a feeling of increasing heat and heaviness in the hypochondre, a bitter taste in the mouth, and a diarrhoea biliosa. The patient complained the most of a violent itching of the skin, particularly in the soles of the feet and between the toes. The white of the eyes, as well as the skin, assumed a yellow color. The urine, by its color of orange yellow, showed an abundance of bile. Pulse extremely slow, having sunk to 45 pulsations per minute, which, no doubt, must be attributed to the bilious particles circulating in the blood.

The first thing to be done was to give the patient a packing in a wet sheet, till he perspired, afterwards a half-bath at 70°, with thorough rubbing. To the stomach and abdomen was applied, day and night, a wet bandage folded together four times. Then he had once during the day a sitz-bath for fifteen minutes, at a temperature of 65°. In the short time of four or five days, the patient secreted

so much bile in perspiring, that the sheet, the bandage, and on the seventh day the linen he wore had a bilious tinge. The water in which the patient was bathed, after his packing, became quite yellow. He recovered very rapidly, and was, on the 10th day after, among his associates again, with a white skin and a healthy appetite. The bilious diarrhoea was over on the seventh day. We are of the opinion that this sudden sickness was a perfect crisis to the patient, and prevented a hypertrophy and a degeneration of the liver at some later period.

CHOLELIITHIASIS.

(Gall-stones.)

Mrs. ——, 32 years of age, a married lady of small but stout size, with a yellow complexion, choleric temperament, brown eyes and dark hair.

The patient frequently vomited bile; she had also a constant pressure in the cardiac region, extending to the liver, some hours after her meals. The skin had at different times been yellow, and the urine was of a dark bilious color. She had eructations of a bitter and sour taste, was troubled with wind, very costive, and the evacuations had a grayish color.

After the lady had been four months in treatment, she informed me one morning that she had passed a quantity of gall-stones. The effect of the water was astonishing. What no medicine could do, (for the patient had previously tried all) the water did. In the space of 5 weeks she collected 90 of those stones; they were all of the size of hazel-nuts, with many angles and smooth planes. In the course of six months the patient was perfectly cured, after having been sick for more than 7 years.

Treatment.—Packings in wet sheet, half-baths 72 degrees for 3 minutes; sitz-baths 72 degrees, down to 60 degrees, twice a day, wet bandages over the abdomen; drinking from 10 to 12 tumblers of water from the springs, daily; injections at 70 degrees after breakfast, and foot-baths at 65 degrees in the evening.

COLICA HEPATICA.

(Bilious Colic.)

Mr. ——, aged 33 years, with a sallow complexion, gray eyes and brown hair.

The patient has been seriously affected for 20 years, with a bilious colic, which continued for 20 or 30 hours at a time. At an attack he feels the pains of colic extending from the right hypochondre to the navel and epigastrium, towards the back. They are attended with a cold

sweat and low pulse, but the abdomen is neither inflated nor sensitive to pressure. At the same time there is constipation and a yellow coloring of the skin, the tongue is covered, the taste bitter, and the urine colored by bilious pigment. From the long time of his illness, his digestion has become very weak, so that often very digestible substances will cause either vomiting, or bring on an attack of colic. Circulation is very feeble, and the expansion of heat but slow, causing cold feet. Frequently, the hands and feet will swell extremely, and the swelling subside in the course of 20 hours.

No remedies which the patient had tried, have ever been able to afford him any relief. Observing that his attacks were becoming more frequent and violent, he had recourse to the water-treatment, seconding it by great perseverance. The patient, who used to have 2 or 3 paroxysms every fortnight, had but one in 5 months, which lasted 10 hours only. Reduced to almost a skeleton, his body was clothed with flesh again, and from being a hypochondriac, he became cheerful and witty.

Packings in a wet sheet, with subsequent half-bath at 72 degrees, proved of the greatest benefit in this case. Sitz-baths at 75 degrees for 20 minutes; bandages cold as ice, over the right side of the hypochondre, had also a very good effect. Injections of 70 degrees always gave great relief to the patient.

E. URINAL AND SEXUAL DISEASES.

NEPHRITIS CHRONICA.

(Chronic Inflammation of the Kidneys.)

Case 1.—Mr. ——, 42 years of age, of a spare figure, with a dry and yellow skin, gray eyes and black hair.

Three years previous the patient had an acute inflammation of the kidneys, which has become chronic. He complains at present of a constant, increasing, dull, and often burning pain on both sides of the spine, close to the last dorsal, and the first lumbar vertebra, but higher up on the left side. The pain frequently extends as far as the bladder. His urine is red and turbid; formerly, from a sediment, but latterly, from a mixture of pus. The right kidney is most affected, his liver, moreover, is torpid, and the yellow color of the skin, as well as the additional hardness in the region of the liver, are evident symptoms of obstructions in the portal system. Frequently, there is a dull pain in the liver, the system in general is debilitated, and he has violent palpitations of the heart. His lungs are sound, inspiration and expiration being physiologically normal. In the morning he often ejects a thick and tough mucus. The appetite is good, the evacuations are regular. From the affection of the kidneys, he has sometimes a

colic in the kidneys. His hands and feet are always cold; the circulation of the blood is extremely irregular. The patient is evidently reduced much by immense doses of calomel and quinine.

He proved the truth of the axiom, that perseverance will overcome all difficulties, for he recovered his health. In the course of 8 months of treatment, his debilitated body became strong, the medicines by which he had been ruined were expelled, and his urine became more and more normal, as the inflammation of the kidneys diminished, and the process of ulceration was stopped.

The treatment was as follows:—Packings in a wet sheet, until warm, with half-baths from 70 to 60 degrees, or a plunge; sitz-baths forenoon and afternoon, at 72 down to 60 degrees, for from ten to upwards of fifteen minutes, or running sitz-baths for ten minutes; falling douche once a day for from 3 to 4 minutes; foot-baths in the evening at 65 degrees, for 10 minutes; and drinking from 8 to 10 tumblers of fresh water every day.

Case 2.—Mr. ——, 52 years old, with a dry skin, yellow complexion, and black hair, turning gray.

The patient complains of increasing sensibility in the region of the kidneys, extending downwards along the ureter, to the testicles. His urine is of a dark-red color, and frequently brown and turbid, from a sediment of phosphoric acid and lime. He has lost much flesh, and complains also of several symptoms which point to dyspepsia as a cause, such as eructations of wind, flatulent extension of the epigastrium, and constipation alternating with a watery diarrhoea.

The patient only remained a couple of weeks, and was, of course, not improved at all.

CYSTITIS CHRONICA.

(Chronic Inflammation of the Bladder.)

Mr. ——, 54 years old, of a yellow complexion, tall form, blue eyes, gray hair.

The patient has, for several years, been suffering from the following symptoms of disease, viz.: a feeling of incessant, dull, deeply located pain, in the hypogastric region, and perineum, where he feels that there exists a swelling; a frequent necessity of passing his water, after which there is a pain in the bladder extending to the perineum. The urine is of a dark-brown color, mixed with mucus and pus, which emits a fetid ammoniacal odor. His general health is poor; his sleep uneasy and disturbed, which has an exhausting and debilitating effect upon him. His circulation is extremely irregular, pulse intermittent, and transpiration bad.

Every summer for the last 3 years the patient

has come to the establishment for a short time, by which his general health is much improved, but his local disease only slightly relieved. It is an evil of long standing, and we are not prepared to say that it will be cured. We must observe, however, that the patient never made a full trial of the water-treatment, but pursued it only a few weeks at a time. Half-baths from 70 degrees down to 60 degrees, and sitz-baths at 65 degrees for 15 minutes, seemed to do the patient a great deal of good.

CYSTO-BLENNORRHOEA.

(Discharge of Mucus from the Bladder.)

Mr. ——, aged 35 years, very thin, with black eyes and hair.

14 or 15 years ago the patient had the gonorrhœa, and from the powerful remedies which had then been used, his urinal organs became affected and enfeebled. For several years a considerable quantity of greenish yellow mucus has passed with the urine, and adhered to the bottom of the vessel, like a thick and tough mass. The patient complains of a dull heaviness in the perinæum and the region of the bladder, and of a slight burning in the urinal canal, at times. He has to pass his water frequently, particularly at night. It often is followed with drops of a thick mucus, and there is a general weakness of the genital system, amounting to impotence. Every 4 weeks he has involuntary nocturnal emissions, which debilitate him. The prostate gland is considerably enlarged. Besides this local evil, the patient suffers from many dyspeptic symptoms. The mucous membrane of the intestinal canal is quite relaxed, and obstinate constipation frequently alternates with watery discharges. Great flatulency in the abdomen, great nervousness and restlessness at night. The patient, moreover, has a spasmodic cough, and spits frequently blood, but only from the larynx.

There is in this case a great complication of different symptoms of disease; and that they all had to be considered in the course of the treatment, follows of course. Some distinct symptoms offered great difficulties, but we had the pleasure of seeing the patient daily improving, and his spire, debilitated body regaining strength and flesh. The patient's restoration to health may mainly be ascribed to the use of packings in wet sheet, and to cold sitz-baths.

SPASMUS VESICÆ.

(Spasm of the Bladder.)

Mrs. ——, 44 years old, with white skin, blue eyes and dark hair.

The patient, who for some time has been af-

fected with a chronic inflammation of the bladder, complains of great soreness in the abdomen, and heat in the bladder. Towards the end of passing water, she feels a violent contracting pain in the region of the neck of the bladder, extending over the whole perinæum and the sphincter.

This pain frequently lasts from half an hour to an hour. With this pain is also connected a troublesome desire to urinate, without the power of satisfying it. She is then full of fear and agitation, and subject to cold perspiration. With the exception of said symptoms of disease, the patient feels pretty well, but she is very nervous, and her digestive powers are more or less weak. She is moreover rather costive.

The patient was but a few days under our care, as some family trouble called her home. We had occasion to see her twice in her spasms, and prescribed steam-baths, with subsequent sitz-baths at 80 deg., which gave her immediate relief.

GONORRHœA SECUNDARIA.

(Gonorrhœa)

Mr. ——, a young man 24 years of age, of light complexion, with healthy looks, blue eyes, and fine white skin.

The patient had always enjoyed good health, but 5 or 6 months before had a primary gonorrhœa, which degenerated into a chronic one, from which he could not get free, notwithstanding the remedies he had used. He complains of a pretty thick flow of matter from the urinal canal, the mucous lining of which is yet much inflamed, but mostly in the back part of it.

He is also troubled with nocturnal emissions, probably owing to a sympathetic irritation of the vesiculæ seminales, the two small bags situated below the prostate gland. Bodily exertion and carelessness in diet always make the secretion of matter worse. Urinating seldom occasions any pain, only occasionally a little smarting in the urethra. The gonorrhœa was chronic, and indicated, therefore, cold but short sitz-baths. By taking these baths, the patient soon experienced great improvement. Injections of cold water in the urethra proved also beneficial. The patient had besides cold baths every morning, and was by these means entirely cured in the course of 2 or 3 months.

SPERMATORRHOEA.

(Involuntary Emissions of Semen.)

A. POLLUTIONES NOCTURNÆ.

(A. Nocturnal Emissions.)

Case 1.—Mr. ——, 28 years of age, tall, with red complexion, black hair and blue eyes.

With the exception of some trifling dyspeptic symptoms, the patient considered himself in perfectly good health, were it not for having, for some time past, involuntary nocturnal emissions, which exerted a very baneful influence upon his muscular and nervous system. The emission of semen occurs under the excitement of voluptuous feelings, with but little erection of the penis. The patient feels very weak the morning after, his whole system is relaxed, and the sensibility of his nervous system is quite increased. The power of cohabiting is wanting entirely.

By the application for three months of short, cold sitz-baths, cold pourings on the vertebral column, and of the falling douche, the patient was fully restored. He afterwards married by our advice, is happy in matrimony, and now possesses a lovely and healthy child.

Case 2.—Mr. ——, aged 30 years, a pale complexion, delicate muscles, sunken and weak eyes.

Having led in early youth a dissipated life, the patient has been for the last 5 or 6 years troubled with involuntary nocturnal emissions. The disease has progressed so far as to cause nervous palpitations of the heart, weakness, and often a trembling of the extremities, weakness of the nerves and vertigo.

A constant melancholy had taken possession of his mind, and his memory is much impaired. His digestive powers are also reduced, and his circulation is irregular, but always feeble.

The patient only remained a couple of months in the establishment, and was not perfectly cured, but very much benefited. If he had given the hydropathic treatment a fair trial, the cure of this so far progressed disease would have been accomplished.

Short, cold sitz-baths, the rising douche, and the shower douche on the back, proved in this case of great efficacy.

Case 3.—Mr. ——. This patient suffered also from the consequences of a dissipated life in his youth. After all other remedies had proved useless, he came to this establishment, having the following symptoms: involuntary emissions every night, (often 3 or 4 times). After these emissions, which always are attended with voluptuous feelings, follows a general relaxation of the body, and a total forgetfulness, so that the patient lies for hours without the power of thinking, though not without consciousness. At the same time he is so melancholy, that he wishes to put an end to his existence, but I observed that the company of ladies always gave him great pleasure. The least excitement of his fancy was sure to bring on an emission. Weakness of

the extremities, nervous palpitations of the heart, debility of the vertebral column, owing to a spinal affection and impotency, were the prominent consequences.

The patient was put on strict hydropathic diet, and had to avoid all that had contributed to his present disease. We had him awakened as early as two o'clock in the night, that he might take a cold sitz-bath for three minutes. Pourings of cold water and running sitz-baths proved of little avail; the douche he could not bear on account of his great nervousness; thus we were confined to cold half and sitz baths with subsequent pourings, but they afforded little benefit. The patient did not improve much, and we have no doubt that he was himself the cause of rendering all our efforts abortive.

Case 4.—Mr. ——, 19 years old, tall and spare, of a pale yellow complexion, blue eyes and brown hair.

By attending too closely to business, the patient has contracted a general debility, affecting not only the muscular, but also the nervous and the spinal systems. Hence the patient has for some time past had involuntary emissions at night, which have debilitated him much, and even had an undue influence upon his mental power.

He complains also of a nervous palpitation of the heart, which often causes him much anxiety, as it is attended with a trembling of the limbs, and, moreover, of a spinal weakness that makes it necessary for him to have some kind of support, in order to sit upright. The head feels weary; there is a pressure over the eyes, and a heaviness on the eye-lids. His sleep is uneasy, and he is much given to melancholy. Digestion is feeble, and the stomach cannot bear the quantity of food with which he loads it on account of his craving appetite. His liver is somewhat torpid, and he is therefore rather costive. His urine is mixed with slime.

In this case packings in wet sheet, plunge, running sitz-baths and the falling douche did the most to restore the patient to full health again. His bodily strength increased daily, his digestion improved, and the circulation became normal.

Case 5.—Mr. ——, 36 years of age, with sallow complexion, blue eyes, reddish hair, and partially bald.

During his residence in a seaport in the South, two years ago, the patient contracted syphilis, for which he was treated with mercury. He was afterwards taken with gonorrhœa acuta, leaving a stricture of the urethra, for which he had been operated upon. Ever since the patient has been frequently troubled

with nocturnal emissions, which debilitate his muscular system, and also cause a total relaxation of the nervous system. He complains of pains along the vertebral column down to the lower part of the back. His joints feel lame ; he has a peculiar feeling of weakness too down the spermatic chord, and often a nervous palpitation of the heart and trembling of the limbs.

The patient had to be treated very mildly, and had at first ablutions only ; afterwards he was able to take half-baths at 70 degrees, and feeling himself still improving, he took also for a long time sitz and wave baths, so that his general health, when he left, was considerably strengthened and benefited.

POLLUTIONES NOCTURNÆ ET DIURNÆ.

(*Involuntary Emissions of Semen during Day and Night.*)

Case 6.—Mr. ——, 30 years of age, of delicate form, yellow complexion, black hair and black eyes deeply set.

By too frequent sacrifices upon the altar of voluptuousness, the patient had reduced his health so much as to be totally impotent, and for the last ten years subject to involuntary emissions. The seat of his disease is doubtless the neck of the bladder, and the prostatic portion of the urethra, where a chronic inflammation and a degeneration of the small spermatic bags is existing. In the act of evacuation or urinating, the patient has sometimes an emission before he is aware of it. The discharged fluid is very thin, but has the peculiar smell of semen. With these local affections the patient has some symptoms of dyspepsia. He is disposed to indigestion, feels very weak and languid, presenting altogether the very picture of general debility.

This patient, who had given up all hope of recovery, was perfectly cured in the course of four months. As his bodily strength increased, the symptoms of his disease diminished more and more rapidly, both as regards the signs of inflammation in the prostate gland, and the frequency of emissions. Packings in a wet sheet until transpiring freely, followed by the plunge ; cold pourings over the whole vertebral column ; cold sitz-baths, afterwards running sitz-baths ; rising and falling douches ; and a constant wearing of a wet bandage over all the abdomen, were the hydropathic means which, applied according to indicating symptoms, accomplished the cure of this interesting case.

PROSTATITIS CHRONICA.

(*Chronic Inflammation of the Prostate Gland.*)

Case 1.—Mr. ——, 32 years old, dark yellow skin, dark eyes and black hair.

In consequence of having had 3 times an acute gonorrhœa, connected with an acute prostatitis, the patient suffers from the following symptoms, viz. :

He has a constant pressure in the perineum, which makes itself felt particularly when urinating, or when an emission takes place. It is often combined with a sensation of burning, that extends from the prostatic portion to the testicles. He discharges with his evacuations an abundance of tough, colorless, albuminous fluid ; the urine, too, is mixed with small portions of mucus, smelling strongly of ammonia. The prostate gland is extended, and according to the patient, the emission, when cohabiting, comes on too soon. This probably is owing to nervous over-excitement, and relaxation of the genital parts. He has frequently involuntary emissions ; in other respects he is pretty well.

Although we did not succeed in reducing the prostate gland to its normal size, the patient was in every respect very much, and very rapidly improved. We are convinced that the chronic inflammation of the prostate gland was removed, because the symptoms which were the basis of this inflammation entirely disappeared.

Packings in a wet sheet, and subsequent cold half—sitz-baths at 72 deg. for 15 min., and wet bandages over the abdomen, were the principal baths employed.

Case 2.—Mr. ——, 32 years old, tall and strongly built, with red complexion, blue eyes and light hair.

For several years the patient has been affected with a great weakness of the prostate gland, and a flow of white tough mucus, when urinating. This is increased in quantity at any excess in *Bacho et Venere*, or by exertion or exposure, and then it is accompanied with a pressure and burning in the prostate gland ; otherwise the patient is pretty well, with the exception of some slight symptoms of dyspepsia. His mind is more inclined to melancholy, and the sensibility of his nervous system greater than formerly.

The patient was almost half a year at the establishment, and was perfectly cured when he left.

Cold sitz-baths were in this case very effective and beneficial.

FEMALE DISEASES.

Prolapsus Uteri.

(*Falling of the Womb.*)

Case 1.—Mrs. ——. In consequence of a difficult confinement, and the rough proceeding of her accoucheur, the patient has for the past five years had a prolapsus uteri. She complains of pressure in the whole cavity of the

pelvis; a pushing downwards to the rectum and the bladder, and a tearing sensation in the hypochondriac region, extending to the inguinal region and the thighs. She feels plainly an extensive swelling in the vagina, which is pressed down whenever she makes any bodily exertion. The womb is swollen and painful. Menses regular. What distresses her the most, is a flow of mucus from the vagina, which is very debilitating, and undoubtedly results from the inflammation of the internal lining of the vagina and the mouth of the womb. The patient feels extremely enfeebled, and the whole nervous system seems affected in consequence. Her sleep is very uneasy, and she has often palpitations of the heart of an atonic character. Her digestion is good.

The patient suffered so much that she was unable to walk twenty paces without a pro-lapse. During a residence of 5 months in the establishment, however, she improved so far as to be able to walk half a mile at a time, without recurrence of her old complaint. She was indeed not perfectly cured, but the ligaments of the uterus had become so strong, that prolapsus was no longer effected by ordinary causes, exercise, coughing, &c., as formerly had been the case.

Treatment.—Half-bath every morning, cold sitz-baths, injection-douche, and pouring cold water over the back.

Case 2.—Mrs. _____. The patient, according to her statement, leads a very active life. She has given birth to 3 pretty strong children, and ascribes to the rough manipulation during her confinements, a slight falling of the womb. The most prominent symptoms with her, are painful pressing sensations, a heaviness in the pelvis, and a disagreeable pushing towards the loins and sexual organ. She has a flow also of white, tough mucus, but not very frequently. Menstruation is regular. The nervous system greatly depressed.

As the patient remained but a few weeks, she did not much improve; the treatment, however, was so far beneficial to her.

PROLAPSUS UTERI CUM RETROVERSIONE.

(*Falling of the Womb, with Retroversion.*)

Case 3.—Mrs. _____.

The patient complains of weakness in the lower part of the back and the spinal system. Also, of a considerable flow of yellow turbid mucus, the cause of which is the falling of the womb, with retroversion. The womb has sunk down to the vagina; the neck of the womb by lying forward presses upon the urethra, and thus prevents, in a great measure, the secretion of urine, which often cannot take place but by drops, accompanied with burning heat.

She has frequently a violent headache with pain over the eyes, probably of a hysterical character. Her monthly courses are normal.

The patient improved very much, being freed from the troublesome leucorrhœa; the headache with which she had been troubled for several years, left her in the third month of her treatment. This consisted, varying with circumstances, of packing in a wet sheet until warm, with subsequent half-baths at 68 degrees for three minutes; sitz-baths at 70 degrees, gradually reduced to 60 degrees, for twenty-five minutes, forenoon and afternoon; foot-baths at 65 degrees in the evening for ten minutes. Falling douche, injection douche, wave bath, wet bandage over the abdomen, and drinking six to eight tumblers of water daily, from the springs.

PROLAPSUS UTERI CUM DYSMENORRHœA.

(*Falling of the Womb with Laborious Menstruation.*)

Case 4.—Miss _____.

The patient has falling of the womb with antiversion, in consequence of which there is a flow of thick yellow mucus from the womb. Her whites have become worse latterly, in respect to frequency, and of a more corrosive quality. She has also an extraordinary burning pain in the back bone, and a great weakness in the spinal system, but particularly in the lower part of the back. Her monthly courses began three years ago; were for two years regular, but during the last year no more so. Menstruation indeed exists, but is of a highly diseased character, and very irregular both in time and duration. Frequently her pains are dreadful, and most violent cramps in the uterus debilitate her otherwise delicate body. Thus a general weakness of the system has taken place. Lassitude and weakness of the limbs, loss of appetite, a disagreeable taste in the mouth; a feeble digestion and costiveness are the principal symptoms connected with her illness. Her debility is so great as to cause at the least exertion a palpitation of the heart, with pain in the head and over the eyes. Pulse, regular.

When the lady left the establishment, she felt almost well, her menstruation had become regular again, and the pain removed; her appetite had returned, her digestion was good, and all signs of general debility had gone. To cure the prolapse would have required more than the six months she spent here.

The treatment to which she owed the restoration of her health was, half-baths from 70 to 60 degrees; sitz-baths from 68 to 60; running sitz-baths, foot-baths, and falling douche.

Case 5.—Miss ——, aged 17½ years.

Reduced by disease, the patient is the very image of debility. She has, continually, a pain over the eyes, extending inward through the eye-ball; a flaming before the eyes, which renders them very weak; a constant pain in the upper part of the skull, general lassitude and languor of the muscular system; weakness in the back; a disagreeable kind of pushing towards the loins and pubic region, with heaviness in the womb, and excruciating pains in the lower part of the back. Menstruation has been suppressed for several months. Constantly bearing-down pains are a proof that the ligaments of the womb must be very relaxed, and no doubt but the uterus has been displaced.

The patient improved rapidly. Commenced with washings of the entire body, after which followed half-baths, and at a later time pourings of cold water, which, in connection with sitz and wave baths, completed the cure.

The patient returned to her family, after a sojourn of several months, strong and healthy; all symptoms of disease had left her, and her menstruation became regular, long before her departure.

PROLAPSUS UTERI CUM ANTIVERSIONE.

(Falling of the Womb with Antiversion.)

Case 6.—Mrs. ——.

Since her confinement, eight years ago, the patient complains of having had a constant pain in the inguinal region, descending to the vagina, and of pain in the lower part of the back; also of a sensation of weight and fulness in the vagina. These troubles increase at the time of menstruation, regularly every three weeks, accompanied by severe downward-bearing pains. The patient, moreover, is a victim to quite a debilitating leucorrhœa. The vaginal portion is found to be directed back towards the sacrum, so that the womb has a more horizontal position; the neck of the womb bearing on the back part of the perineum, and the base of the womb inclining forward. The patient has, besides, a sore throat, which becomes worse whenever the leucorrhœa is better, and vice versa. The tonsils are much inflamed and increased in size; the palate is covered with small bladders, and the uvula is quite enlarged. There is a great dryness in the mouth, and much smarting and throbbing, extending through the whole larynx. Digestion, good.

The lady has been under our treatment every summer for three years, and was perfectly cured the last time. The treatment was diversified and changed as symptoms indicated.

PROLAPSUS UTERI CUM RETROVERSIONE.

(Falling of the Womb with Retroversion.)

Mrs. ——. The patient, who otherwise is in good health, complains of pains in the region of the pelvis; a kind of dull pressure, more or less constant, towards the groins and the sexual organ. The uterus lies backward, and the neck of the womb presses considerably on the bladder, causing great trouble in urinating. In less than two months these troubles were removed by sitz-baths. By these baths, the ejection douche, and by pouring cold water over the lower part of the back, the relaxed ligaments of the uterus were so much strengthened, that in the fourth month the uterus had a vertical instead of its former horizontal position.

The patient left the establishment in full health, and free from all symptoms of disease.

RETROVERSIO UTERI.

(Retroversion of the Womb.)

Case 1.—Mrs. ——. For more than two years the patient has been affected with a heavy pressure on the rectum and the bladder. She feels very frequently under the necessity of evacuating and urinating, neither of which can be done without the greatest pain. The uterus is inflamed and enormously enlarged, causing a heavy pressure on the bladder and the rectum. The uterus was found to be lying on a horizontal axis, the mouth of the womb covering entirely the interior surface of the pubical bones, and pressing considerably upon the bladder. The basis of the womb was just under the promontory lying upon the rectum. The pain from the weight upon those two organs is so great, that she often is unable either to stand or to walk, and can lie only upon the right side. Menstruation is irregular, and frequently connected with great loss of blood. Congestions to the head, bad humor, and much depression of spirits. From the rectum flows a tough mucus, almost resembling rosin, which causes very great pain in passing. She has, besides, the whites, and she passes urine (which she must do every 10 or 15 minutes,) but a drop at a time, with excruciating pains.

Mercurial and narcotic medicines, as well as pessaries badly applied, had wholly ruined the patient when she came under our care. She gained some strength indeed, but in spite of all possible efforts and means on our part, and perseverance on her own, the evil was not eradicated.

Case 2.—Mrs. ——. The patient has suffered for a couple of years, from great debility of the uterus, and relaxation of the ligaments, caused by a miscarriage. She complains of a pushing downwards, and of tearing pains in

the region of the pelvis, extending to the groins and thighs. On examination, the uterus was found to be in an oblique position, the basis somewhat pressed downward, and the neck of the womb sensible on the inner surface of the pubical bones. The pressure on the bladder is slight, and there is, with exception of a trifling heat, not much pain when urinating. The monthly courses are regular as far as regards time, but before they occur the patient feels violent pain in her back, obliging her to remain in a horizontal position. Loss of blood is but small, and the flow is of the color of chocolate. There is also great nervousness, and a general debility of the system. Digestion is good, but the patient is inclined to costiveness.

She improved very much during the short time of 3 months that she resided here. Dripping sheets, half-baths, and running sitz-baths, packings in a wet sheet, injections, and falling-douches, were the means applied at different times, according to the indicating symptoms.

Case 3.—Mrs. ——, a lady of a naturally weak constitution. For several years she has suffered much, and has become very much reduced.

The patient complains of a pushing and pressing sensation, and of tearing pains in the pelvis, extending to the limbs. Besides this, she has very frequently such a dreadful neuralgic pain in the uterus, that she is overcome by the greatest anxiety, and faints from her extreme suffering, from which it requires a considerable time for her to recover, leaving her in a state of great weakness. The result of examination is as follows: the uterus has a horizontal position; the basis presses on the rectum, and hinders the evacuations. The neck of the womb lies forward, and on the interior side of the pubical bones. The inner side of the uterus is inflamed, and the inflammation extends to the mouth of the womb, which is considerably ulcerated. General debility of the whole system. Circulation very slow and weak. The development of heat slow, wherefore the feet are constantly cold. Often the patient has very great neuralgic pains through the whole left limb; also headache on the left side, of such violence as to draw her eye upwards. She labors under great melancholy, and nervous palpitations of the heart, which cause a general depression of the mind. Menses regular. Digestion bad. Great constipation.

We regret that the patient did not remain but 2 weeks in treatment, a time too short to afford any definitive result.

ANTROVERSIO UTERI.

(*Antroversion of the Womb.*)

Mrs. ——, a lady of delicate constitution.

The patient complains of having had for more than eight years great weakness in the spine and lower part of the back, which increases when walking or standing. The excretion of the urine is disturbed, and can only be effected with great burning pains. A tough and thick mucus excretes from the uterus and vagina. On examination the position of the basis of the uterus was found to be forward on the inner surface of the pubical bones, and that of the neck of the womb, towards the sacrum bone. With these symptoms were connected general debility and prostration. Digestion, very feeble; flatulency, eructations from the stomach of a sour taste, and frequently of a kind of fetid gas. Rather inclined to constipation; great nervous sensibility, and often a great depression of spirits.

The patient was in the establishment for several months, and was very much benefited in many respects. As early as the third month her debility was perfectly removed; the digestion strengthened, and the action of the abdominal system again normal. The symptoms of her uterine disease wore a milder character, for the whites ceased, and the relaxed state of the ligaments of the womb was gradually so much improved that the patient was able to walk three miles a day. Formerly she had not been able to walk one mile without experiencing an increased depression of the uterus, and excruciating pains in the lower part of the back.

The chief applications of water, to which the patient is indebted for her improvement, were cold half and sitz baths; injection and falling douches, and occasionally a mild application of the wet sheet. Towards the end of the treatment, wave and running sitz-baths were mostly used.

METRITIS CHRONICA.

(*Chronic Inflammation of the Womb.*)

Case 1.—Mrs. ——.

The patient, who has been suffering for several years from a congestion of the womb, complains of great weakness of the spine, violent pains in the sacrum, a dull feeling of pressure and weight, heat in the hypogastrium, a tearing and bearing down towards the thighs, groins and lower part of the back. Her menstruation is painful and irregular, sometimes every week or fortnight, and sometimes only once in six weeks, in which case the courses are inconsiderable and variable. During the intervals of menstruation the patient suffers from an evacuation of mucus from the vagina.

The great sensibility of the nervous system is the cause of a general debility and entire prostration of the muscular system. The pa-

tient suffers from hysterical cardialgia, showing itself in quite distressing spasms of the stomach. Digestion is poor, and she is inclined to constipation; her spirits are so extremely depressed that she weeps almost all day, and is absorbed in melancholy.

The patient felt more benefit from the hydropathic treatment during a couple of months, than she had experienced during the last three years, under the care of the best physicians. The packing in the wet sheet was quite composing to her, and the half-bath at 60 degrees which followed it, revived her very much. There can be no doubt that the cold sitz-baths and the wave-baths improved her local disease, as by their use the morbid symptoms gradually disappeared, and the menstruation became regular and less painful. Instead of sympathizing with a poor melancholy being, we were now entertained by her attractive and joyous spirits.

Case 2.—Mrs. ——.

The patient complains of a dull oppressing pain in the region of the hypogastrium, which is increased by the least exertion to sharp pain. This pain seems to extend particularly to the right side. At the same time there is always a sensation of internal heat just over the pubical bone; besides a kind of lassitude in her bodily motions, the patient exhibits a disposition to melancholy, impatience, and great irritability of temper. Her monthly courses are always too early and very profuse, resembling almost passive hemorrhages of blood from the uterus, and continuing for five or six days, intermingled with mucus. On examination there was found, externally, over the pubical bone, a round swelling, which, on being pressed, caused the patient violent pain. Internally, there was a higher temperature in the vaginal portion of the uterus, and an enlargement; the whole uterus appeared heavy and very sensitive to pressure. Digestion may be called good; bodily strength, moderate.

Some months after her admittance into the establishment, the patient left it perfectly cured, all symptoms of inflammation having disappeared. She acknowledged with gratitude that her health was better than ever before. Cold half-baths, running sitz-baths, and cold injections into the vagina, as well as a wet bandage over the abdomen, were the means of restoring the patient to health. We must also observe that the half-pack in a wet sheet was used daily, evidently with great benefit to the patient.

Case 3.—Mrs. ——.

The patient, who is naturally of a weak constitution, has had a rather difficult confinement

from narrowness of the womb, which has caused a pressing down of the uterus. Although this impediment has been removed by proper means, there had latterly appeared a sub-inflammation of the uterus. The mouth of the womb is felt to be deep in the vagina, and is soft and relaxed. The internal lining of the vagina is also quite relaxed; otherwise there is no abnormal hardness and no enlargement of the uterus. The neck of the womb is excoriated, and owing to tubercles at the mouth of the womb, it has a granular appearance.

The patient complains of constant pains in the back and a bearing down of the uterus, rendering her unfit for the least exertion. The only mode of relieving her constant back-ache, is to lie down. She has a leucorrhœa from the uterus, which no doubt comes from a state of sub-inflammation of the internal lining of the womb. She has, besides, a nervous headache, and a continual burning heat in the upper part of her head, with a sensation of weight on the supra-orbital region. Menstruation, regular; circulation very slow, and quite irregular. Development of heat quite poor, and feet cold; digestion, good.

The patient was much benefited as far as regards her local disease, and her general health was also improved, though very slowly. Cold half-baths, dripping sheets, short sitz-baths at 70 degrees, and injection-douches were most effectual in restoring her to health.

HYPERTROPHIA OVARII DEXTRI.

(Hypertrophy of the Right Ovary.)

Miss ——.

All the symptoms of an extreme debility of the whole system have been apparent in the patient for several years. Relaxation of the muscular system, great sensibility of the nervous system; a constant pain in the back, a sinking in the region of the stomach, slow circulation and cold feet, form the general complaints of the lady. On the second rib has been an exostosis for some considerable time. The patient, besides, feels a great fulness and heaviness on the right side of the inguinal region, although she has not the least pain there. On examining the side, there was visible a circumscribed swelling of an oblong shape, and of a pretty large size. Finding the swelling just above the right share-bone, it was no difficult matter to state the diagnosis mentioned. Menstruation regular, but with great pain, and always connected with an increase of the swelling of the ovary.

The lady remained here only a few months, but was very much benefited, although her dis-

ease, from being a stationary one, was not eradicated. The bath revived her, and imparted new strength to her. She was able to undertake a long and fatiguing journey after she left the establishment. The treatment consisted mostly of half-baths at 65 degrees, cold ablutions, and a wet bandage over the afflicted part.

AMENORRHOEA.

(Suppression of the Menses.)

Case 1.—Mrs. ——.

The morbid symptoms, as stated by the patient, were as follows:—Congestion to chest and head, beginning with a chill and terminating with a profuse perspiration, great giddiness, cessation of menstruation for several months, violent pains in the pelvis and sacral region, pressing and bearing down, and a sensation of great irritation in the bladder.

This lady remained a considerable time in the establishment, and derived a great deal of benefit from the treatment, as all the symptoms of congestion and irregularity of the circulation entirely subsided, and the sub-inflammation of the bladder was subdued. We did not succeed, however, in restoring the menstruation, notwithstanding the use of foot and sitz-baths, and wet bandages round the feet all night. As the lady has had no more symptoms of a suppressed menstruation, we rather think that this is one of those not uncommon cases where menstruation has ceased for ever in such an age (thirty-nine years).

Case 2.—Mrs. ——.

Going out too early after having had the scarlet fever, the patient was attacked with an acute rheumatism in the joints of the hands and feet. Ever since her menstruation has been suppressed, although she has gradually recovered from the rheumatism. There remains, however, a general debility of the system. The patient complains of excruciating pain in the lower part of the back, heaviness in the pelvis, and great weakness of all the limbs. The least exertion causes an entire prostration. The patient is also subject to great nervous sensibility, sadness, and melancholy. She has a sensation of heaviness in the forehead, and of pressure on the crown of the head. Digestion is feeble; she is inclined to costiveness and flatulency. Circulation very low, development of heat being poor, the feet are cold.

The patient went home in perfect health. Her menses returned in the second month after using the foot and sitz-baths. She was able to walk three miles, when before she was fatigued by a walk of a quarter of a mile. Cold half-baths, and, finally, the falling douche com-

pleted her restoration, and gave new vigor to the relaxed system.

AMENORRHOEA CUM CONJUNCTIVITATE
SCROPHULOSA.

(Suppression of the Menses, with Scrofulous Inflammation of the Eyelids.)

Case 3.—Miss ——.

Her menses have been suppressed for five years. She complains, in consequence, of congestive affections, such as oppressive pains in the head, noise in the ears, and giddiness. All her limbs feel very heavy and feeble. Her sleep is restless, and she has frequently palpitation of the heart. In the region of the groins there is a sensation of drawing, and in the lower part of the back, of great weakness. For the last two years she has suffered also from a scrofulous inflammation in the eyelids. She is very sensitive to light and heat, and not able at all either to read or write, &c.

By means of derivative baths, (cold foot and sitz-baths,) and the wet sheet, the menstruation was restored in the course of two months, very painful indeed, but in every respect normal. We regret that the patient was then under the necessity of leaving, for the sake of her diseased eyes. They had been greatly benefited, and might have been cured by a longer stay.

Case 4.—Miss ——.

The patient had always enjoyed perfect health, and was for three years regularly menstruated. It had not, however, been the case for six months, and could not be restored, although she had taken many allopathic medicines. The patient complains of a congestive state, which affects her with lassitude, fulness of the head, flashes before the eyes, &c. The whole system is, in fact, greatly relaxed and enfeebled; appetite poor; tongue quite furred.

After the patient had used foot and sitz-baths, and worn a wet bandage over the abdomen, only four weeks, her menstruation returned, relieving her entirely from all the other morbid symptoms.

Case 5.—Miss ——.

The lady had for a long time suffered from a swelling of the glands, and half a year ago her monthly courses had ceased entirely. This had given rise to weakness and lassitude all over the body; she felt particularly weak in the lower part of the back, and had a tearing pain in the region of the waist. Appetite good. Often a nervous palpitation of the heart.

The patient left the establishment perfectly cured, after a critical eruption of puslike pustules all over the back. Not only the menstruation returned regularly, but the patient,

who was so much reduced that she appeared like a skeleton, became fleshy and strong.

Packing in a wet sheet, cold half and sitz-baths, and the falling douche, in this case effected a wonderful cure.

DYSMENORRHœA.

(Laborious and Irregular Menstruation.)

Case 1.—Miss ——.

The patient states that she has been very weak from her childhood, and that she had no menstruation until her 19th year. It was, however, regular for some months only. As the period of her courses approached she always felt lassitude and weakness of body, great depression of spirits, and severe spasmodic pains in the womb. She observed also that the excretion lessened gradually, until menstruation disappeared entirely. Since that time, it has indeed returned, but *never regularly*, and always in small quantities, with great bearing-down pains. She feels totally weak and unfit for the least exertion. The re-appearance of her menstruation has been accompanied with the whites. Development of heat is poor, and she suffers from cold feet. Appetite and digestion are good, but she is rather costive.

The patient was here two summers, and was perfectly cured. She left the establishment able to walk ten miles a day; her menses were regular and normal, both as to time and quantity. The treatment consisted in half-baths, plunges, sitz and foot-baths, rising douche, wet sheet and wet bandage, according to symptoms.

Case 2.—Miss ——.

The patient feels frequently out of humor and weary; her sleep is restless, her dreams dreary, her head full and heavy. She has often palpitations of the heart, and oppression of the chest; her monthly courses are irregular both as respects period and quality. As the time of menstruation approaches, she feels a general congestion in the abdomen and the lower extremities, associated with great weight in the womb and tearing pains in the lower part of the back. The flow of blood is of a pale color, issues at intervals, and is withal very scanty, but always with severe pain in the womb. The patient is in a state of general nervous excitement, and trembles all over; she throws up her food, and the pulse beats slowly and feebly. Besides these evident symptoms of dysmenorrhœa, the patient suffers from poor digestion. All the membrane of the intestinal canal seems to be in a relaxed state, which often gives rise to constipation, alternating with a serous watery diarrhœa.

Although the patient did not remain long enough to be perfectly cured, she was considerably benefited. She gained strength, and

recovered more and more daily; her digestion improved, which shows that the membrane of the intestinal canal no longer remained in the same torpid state as formerly. She became lively, and enjoyed merry society. The menstruation was less painful, and more regular; neither had it the pale color it used to have.

Packings in a wet sheet, with subsequent tepid ablutions; cold sitz-baths for 5 min.; foot-baths at 65 deg. for 15 min.; wet bandage on the abdomen; drinking daily from 8 to 10 tumblers of fresh spring water, together with a strict hydropathic diet, were the means medically prescribed.

Case 3.—Mrs. ——. Carelessness had caused the lady several miscarriages. In the last two years she had been confined twice; three months after the first confinement, the menses re-appeared, but with the most violent pressing and bearing-down pains, for several hours. These pains often increase, accompanied with a great deal of heat, and often with a burning in the vagina; at the same time the pulse is full, hard and frequent, the face flushed, and the head quite heavy and full. The flow is profuse, and lasts for several days, followed by a great debility, and a total cessation of menstruation for several months. At those times, however, when menstruation ought to exist, she suffers from congestion to the head and the extremities, a great bearing down in the lower part of the back, and a sensation of weakness in every joint. The patient is moreover affected with a chronic laryngitis.

Although the lady had been in the Water-Cure several times, and always improved, she never was cured, because she did not continue the treatment for sufficiently long time, but preferred effeminating comfort to health-restoring baths. As her symptoms indicated, so were the baths prescribed. Sitz-baths at 72° for 20 min., and half-baths at 60°, evidently improved the patient very much.

Case 4.—Miss ——. Besides the great irregularity in her menstruation, connected with a scarcity of flow, tearing pains in the pelvis, and pains in the uterus, similar to the pains of confinement, there is in this case a great irritability of the sensitive nerves of the head and face. The patient complains of piercing pains in the exterior parts of the head, extending over the forehead, the supra-orbital, and the temporal regions, and lasting through the whole menstrual period. Otherwise, she is quite well.

The patient was much benefited, but not cured, as she remained 7 weeks only. Cold

half-baths, running sitz-baths, and falling douche upon the back, effected a rapid improvement.

LEUCORRHœA VAGINALIS.
(*Vaginal Leucorrhœa.*)

Case 1.—Mrs. ——. This lady has been ill for the last three years. She complains of uncommon weakness of the back, and pain in the lower part of it. She has a flow of thin whitish, yellow slime, from the vagina, more during the day than in the night, and increasing at any exercise, particularly after walking. Her menstruation has always been regular, but connected with great pain. It may be presumed that the flow is only vaginal, from its character, the regularity of menstruation, and the absence of all pain when passing water.

The nervous system was very feeble, and subject to excitement, on the slightest thing occurring to trouble her mind. She has frequently a violent headache just in the forehead above the eyes, which latter are very weak. She also has suffered for some time from haemorrhoids, which bleed at times for 2 or 3 weeks, and at times stop bleeding for 2 or 3 months. Her appetite is good and healthy, but the taste in her mouth was always very disagreeable in the morning, on account of a great collection of slime during night. She is not able to bear the least fatigue from walking, as it prostrates her, entirely. When ascending hills, she feels her heart palpitate sensibly.

The lady was perfectly cured, as the great sensibility of the nerves was wholly removed; the whites disappeared, and her strength returned so far as to enable her to walk 6 or 7 miles a day, without the least fatigue.

The treatment was as follows, changing of course at different times, viz.: Packings in wet sheet until warm, then half-bath at 72°, down to 65°, for from 2 to 3 min.,—sitz-baths 70 to 60° twice a day, for 20 min. each—rising and injection douche—falling douche 4 to 5 min.—foot-baths in the evening, at 65 deg. for 10 min.; sometimes wave-baths for from 3 to 5 min., and wet bandage over the abdomen.

Case 2.—Mrs. ——. The patient has for several years been affected with a flow of slime from the vagina, which assumed so bad a character as to cause a corrosion of the skin. Considering it the result of inflammation of the vagina, it was necessary to make an examination with the speculum, which showed that the mucous membrane of the vagina was of a very red color, and particularly the follicles, which were observed to be of the size and shape of millet seed, similar to the reddish conical

shoots of granulation. The patient only complained of feeling weakness in the back, and a bearing down of the uterus.

By means of sitz-baths, injections in the vagina, and injection douches, the patient was perfectly cured.

LEUCORRHœA UTERINA.
(*Uterine Leucorrhœa.*)

Case 1.—Mrs. ——.

The patient has been affected with the whites for three years. The discharge is rather tough, looks like glass, is transparent; it is frequently discharged in small lumps, by starts, and with very strange and painful sensations. Circles of a dark hue around the eyes show the great debility of the body; the feet are heavy, and the breath is short on the least bodily exertion. Menstruation is regular, but very profuse, though never painful. Appetite poor, digestion good, stool regular. On examination there was found a retroversion of the womb.

The lady was considerably benefited, but not fully cured, because she could not continue the treatment long enough for so deep-rooted an evil. She was restored, however, so far that the whites, in respect to their malignity and frequency, almost totally disappeared. Before, and for some time after menstruation, there might be traces of them, but the patient gained considerable strength. She looked healthy again, and a joyous spirit drove away the melancholy to which she had been so long subjected.

Treatment.—In the morning, half-baths 72 degrees, reduced gradually to 60 degrees, for two minutes, and at a later time plunge instead; sitz-baths forenoon and afternoon, 72 to 60 degrees, for from fifteen to twenty minutes, or running sitz-baths for ten minutes; foot-baths 65 degrees for ten minutes in the evening. Wet bandage over the abdomen, and drinking from eight to ten tumblers of fresh spring water every day.

Case 2.—Mrs. ——.

The lady is afflicted with great weakness of the womb, in consequence of chronic inflammation of the womb after a miscarriage. She complains of violently pressive and burning pains in the hypogastrium, during which she loses a large quantity of hot, corrosive slime through the vagina. The mucous membrane of the vagina appears of a dark red color, and feels hot and softened. The patient is very weak in the lower part of the back, and has often a headache, extending from the occiput to the crown, which always feels very hot. She has, moreover, a very strong pressure and

weight above the eyes, and feels a relief by pressure upon the afflicted part. Menstruation regular and normal.

The patient felt considerably better after a residence of three months. Running sitz-baths, injection and falling douches, rendered important services in her case.

Case 3.—Mrs. ——.

In consequence of inflammation of the mouth and the internal lining of the womb for several months, the patient is affected with a flow of thick and tough slime of a greenish color, which corrodes the skin of the external sexual parts. On examination with the speculum, there is seen a dark red round the mouth of the womb, which was covered with ulcers, filled with a thick and tough slime. There is considerable irritation too in the larynx, but otherwise the patient is pretty well.

Although she improved very much, she was not entirely cured. Cold half-baths, sitz-baths, and injections in the vagina, were of great benefit to the lady.

PHLEGMASIA ALBA DOLENS.

(*White Leg.*)

Mrs. ——, aged 26 years; pale complexion, black hair and eyes, pretty tall, and of strong constitution.

After pains of confinement, which lasted for twenty-seven hours, the lady was delivered of a healthy female child. She was extremely exhausted, having lost during and after child-birth a considerable quantity of blood, which pointed to an abnormal state of the placenta. The placenta was, in fact, adhering, and was obliged to be carefully separated from the uterus. The subsequent profuse bleeding was stopped by injections of cold water. A quiet slumber of four hours afforded new strength to the patient. That she must have felt very weak may easily be conceived from her having lost 12 lbs. of blood. The secretion of milk did not come on till the fifth day, but the child could have no nourishment from its mother, owing to her want of nipples. The milk, therefore, had to be drawn out by means of a glass apparatus. Even on the tenth day the mother was so very weak that she was unable to sit up. She had to observe a strict diet; the temperature of the room was always kept up equally, and the patient was protected from all draught of air. The costiveness was removed by injections, and the lady felt in good spirits.

On the fourteenth day after her confinement, however, she had a very sudden attack of fever and ague, with slight convulsions, a heightened spasmodic pulse, and exhausting nausea. In the back settled a fixed pain, extending itself to the left groin, and becoming more violent every quarter of an hour. On the following day this pain was somewhat abated, but at the upper part, inside the thigh, appeared a very painful and pale swelling of considerable size, in which the veins were distended. In the space of an hour the swelling extended to the knee, and even lower. The pain was so violent that the patient had no rest day or night, could neither move the limb nor bear the least touch of it. Besides her extreme weakness, she had great nervous sensibility, loss of appetite, a dry tongue, and a pulse at 120 per minute, great heat in the head, and was delirious for hours. This character of the sickness continued for ten days, when a remission of the fever took place in consequence of mitigated pains in the left limb and diminution of the swelling. Soon after, however, the same occurred on the right limb, and in an almost higher degree. The inflammation of the right limb lasted for eight days.

The patient was every day packed in a wet sheet until perspiration ensued, when she had a half-bath at 72 degrees for three minutes. Wet bandages covered the whole abdomen and the inflamed limbs, by day and night, and were changed as often as they got dry, or insufferably warm. Nothing could be more beneficial in this dreadful and painful sickness than the use of water. It conquered the inflammation much more effectually than all allopathic and antiphlogistic means could have done. The packing in a wet sheet not only removed the inflammation, but effected the expulsion of that matter which had been the primary cause of the disease. In the third week there was observed in the wet bandages such a deposit of milk, that the water in which they were rinsed looked like pure milk. This expulsion lasted four weeks. The wet bandages limited the local inflammation and ameliorated the pains far more than all strong doses of opium, which would only have effected the ruin of the patient. Restored to perfect health, she was able to walk about the room in the fourth week, and three weeks later, to take exercise in the open air.

PART III.

DISEASES OF THE NERVES AND SPINAL MARROW.

NEURALGIA.—A. FACIAL NEURALGIA.

(*Tic Douloureux.*)

Case 1.—Mrs. ——, pale complexion, traces of suffering in her countenance, brown eyes and black hair.

The patient has been afflicted for several years with much nervous headache, sometimes on the right, and sometimes on the left side of the supra-orbital region. The pain is constant and severe, frequently extending its violence as far as the temples. It seems often to her as if a black veil were hanging before her eyes. She finds relief in closing her eyes and in sleeping. She complains, besides, of great weakness and sensibility in the sacrum, a bearing down or sinking in the pelvis, and a great lassitude in all her limbs. The least exertion or excitement of mind causes her short spasmodyc attacks, with contraction of hands, distortion of eyes, fainting, and a general coldness.

Cold half and sitz-baths, wave-baths, and cold pourings along the vertebral column, were used with great success, and the patient was very much benefited during her residence here of several months.

Case 2.—Mr. ——, 45 years old, ruddy face, middling size, but pretty stout, gray eyes and light hair.

For several years the patient has suffered with a neuralgic pain on the right side of the forehead. It is of a dull, steady nature, seemingly seated inside the bone. Sometimes the pain is so severe as to bring on nausea and vomiting. The head of the patient feels full and heavy, and after every meal he is drowsy. His digestion is somewhat impaired at present; the functions of the intestinal canal seem to be normal, and the circulation irregular and unequally divided, as there is a determination of the blood upwards, whilst the lower extremities are as cold as ice.

Packings in a wet sheet, with subsequent half-baths at 72 degrees, reduced gradually to 60; sitz-baths at 72 degrees for from 20 to upwards of 30 minutes; falling douches, running sitz-baths, and foot-baths in the evening, were prescribed, and proved of very great benefit to the patient. He had the neuralgic pain but once while he was staying here, and in the

seventh week of his treatment, a large carbuncle made its appearance on the abdomen, from which an enormous quantity of matter was finally discharged.

B. SUPRA-ORBITAL NEURALGIA.

Case 3.—Mr. ——, large and strong, of healthy appearance, brown eyes, and black hair.

Complains of piercing and agonizing pains in the forehead, just above the eyes. They extend at times to the interior of the eyes and ears, rendering him unable, in such cases, either to think or talk. The slightest mental agitation increases the pains, and the only relief he has hitherto found, was in a bandage dipped in as cold water as possible. Otherwise the patient appears to be well.

He had used a great many remedies, but none ever proved of so much or quick benefit as water. Wet bandages wrung out in ice-cold water and laid over the forehead; hand and foot-baths, and sometimes a sitz-bath, relieved and soothed the nerves considerably. Finally, half-baths, and sitz-baths, and, occasionally, shower douches, contributed very much to the improvement of his health.

Case 4.—Mr. ——, 31 years of age, yellow complexion tinged with red, gray eyes and brown hair.

Has been afflicted for several years with poignant neuralgic pains over all his body. They come on by fits and starts, are very violent and piercing, shooting from head to foot or vice versa. A feeling of coldness and numbness always precedes the paroxysms. In other respects the patient enjoys perfect health.

He was perfectly cured in three months. Packings in a wet sheet, half-baths at 70 degrees, wave-baths and falling douches proved very efficacious in this instance.

Case 5.—Mrs. ——, 35 years of age, round face, blue eyes and black hair.

Has acute and poignant pains in every part of her body. When in the face, the pain occasions convulsive movements of the lower eye-lid, the cheeks and the upper lips; when in the trunk, the pain has its seat in the parietes, and along the intestinal nerve. Twice we

found the lady attacked with agonizing pains in her breast, but they were most excruciating when in her womb. In such cases they had the character of toothache. When free from pain, the patient experiences a sensation of such itching or heat all over, that "she might scratch herself to pieces," to use her own words. She was quite bilious, and often vomited a great quantity of bile. Appetite and digestion impaired. Inclination to constiveness. Menses regular, but frequently followed by leucorrhœa.

The lady has suffered in this way for many years, but was restored here to perfect health, by means of packings in a wet sheet; half-baths and sitz-baths at 72 degrees, gradually reduced to 60 degrees, shower douches, etc.

Case 6.—Mr. ——, 34 years old, sallow complexion, brown hair and eyes.

Is one of the greatest sufferers from neuralgia. He feels very acute and piercing pain in the different parts of his body, which generally commences in the soles of his feet, just as if burning needles had been thrust into them. Like an electric shock it extends to the knees and thighs, thence along the vertebral column to the back of the head. There the pain sometimes makes a remission for a few minutes, and as if gaining strength by this rest, shoots still more violently to the top of the head, forehead, down to the breast-bone; the heart and arteries beat in sympathy with unusual force. The paroxysm lasts several hours, and is preceded by a feeling of coldness and numbness in the limbs. The patient is very restless, and out of twenty-four hours sleeps scarcely two. His pains are aggravated by any change of weather; rainy or damp weather he cannot bear at all. He then walks all day and night like an insane man, to get a little ease, and frequently a wooden bench or the bare floor is his bed, even a hair mattress increasing his pains. His bodily strength was nearly gone, his appetite impaired, and his digestive power quite limited.

After a journey of two years in the Southern States, and after the largest doses of different narcotics failed to give him the slightest relief, the patient came to our establishment by advice of his physician. We confess that we are proud of having restored him to health.

We commenced the treatment with washings at 70 degrees, and thorough frictions all over, once every night—often twice, the patient was rubbed, and he always felt his pains abated afterwards. The half-baths produced quite a beneficial effect upon the patient, reviving and exhilarating him. The most composing remedy of all was the pack in a wet sheet, in which he remained till his skin was well cover-

ed with moisture. The patient thankfully expressed himself to the effect, "that this process relieved him more than a whole tea-spoonful of laudanum, which he had frequently taken." Sitz and foot-baths, dripping sheets, administered according to symptoms, in combination with the above prescriptions, agreed so well with the patient that in the fourth month he had a sound sleep of six hours in succession. Henceforth he gained rapidly in strength, and when he left our establishment he felt perfectly well.

EPILEPSIA.

(*Epilepsy.*)

Case 1.—Mr. ——, 16 years old, of strong constitution, stout built, ruddy complexion, brown hair and eyes.

Had when a child an eruption on the head, which was suppressed. From that time he had convulsions, progressing in malignity, till in his tenth year they became real epileptic attacks, and happened two or three times in a month. They were preceded by bad dreams, a melancholy disposition, irritability, twitching of the muscles of the tongue and eyes, an extraordinary redness of the face, excitement in the limbs, with the sensation of a mild wind touching the heart and head. After this comes on a violent headache, followed by a distortion of features, head and neck, the limbs being drawn convulsively together, with a countenance at first pale and then bluish, the patient falls down, howling, with his eyes upturned, his mouth open and twisted to the left, and his breath suppressed, foaming at the lips. This state is succeeded by a long sleep, a copious ammoniacal perspiration and great lassitude.

The patient was perfectly cured in the establishment, for the immediate presence of the physician cut the attacks short, by proper prescriptions. Cold pourings and foot-baths proved extremely efficacious in warding off the attacks. For the rest, the treatment was much diversified; packings, half-baths, sitz-baths, pourings, foot-baths, and shower-douches, &c., forming the principal successful applications of water.

Case 2.—Mr. ——, 29 years old, tall and straight, brown eyes and hair.

Has for the last four or five years had epileptic attacks from ten to fifteen times a year. The patient knows exactly when he is to have an attack, from a congestion of blood to the head, several days in succession, and a feeling of great heat in the feet. Other premonitory symptoms observed are, flashes of light, confusion and a sense of disagreeable itching in the soles of his feet. The patient falls suddenly down without consciousness; his face is

livid and *tumefied*, the mouth distorted and foaming, the eyes are turned upwards and fixed, the jaws firmly closed. Respiration becomes quite laborious; the inspirations are short, loud and frequent. After a lapse of five minutes the distortions diminish, and the vascular turgescence disappears; the face becomes pale, and bedewed with perspiration; he feels languid and exhausted, but recovers gradually.

In spite of all efforts on our part, no cure was effected.

Case 3.—Mrs. ——, pale, sallow complexion, blue eyes, and brown hair.

Many and *too early* mental tasks have impaired the nervous system of the patient, in consequence of which the muscles of the face and eyes are affected with spasmodic cramps, resulting in perfect epilepsy. There are no premonitory symptoms; the lady falls down at once in general convulsions, which especially affect the muscles of voluntary motion. Her eyes turn upwards and become fixed, her pupils are dilated and immovable; her mouth is distorted and foaming considerably, her respiration is generally unaffected, but her circulation is very much disturbed, the vascular system being quite turgescent. During the paroxysm she is entirely deprived of consciousness. On her recovery she complains of confusion of mind, and lassitude and pains in head and limbs. At times her paroxysms are very frequent; once, they happened every day for more than a month. They last longer and seem to be harder during the monthly period. In other respects the lady enjoys good health, and no real cause of the disease can be assigned, as all functions are normal. The lady was under our care two summers; the first summer was observed a considerable dulness of the intellectual faculties in the intervals of paroxysms; the second summer we found her as happy and cheerful as any lady in the establishment. This was the chief benefit she derived from the treatment in the first summer. During the second summer the intervals were longer, and the paroxysms not quite as violent as they used to be. One day we found her sick and complaining of heaviness of head, sleeplessness, great depression of spirits and nervous anxiety. Pulse about ninety a minute. These very symptoms terminated in typhoid pneumonia, (see *Pneumonia typhosa*), recovering from which, the lady has had no more fits.

Her treatment, of course, was very varied, according to the indications of her symptoms.

Case 4.—Miss ——.

When nine months old, the patient fell out of her cradle, and owing probably to an irritation of the brain and spine at the time, she has ever remained very weak and sickly. In her

seventh year she had a fit of the St. Vitus' dance, which up to her eleventh year was repeated three or four times. From that time the fits changed their character, and became more of an epileptic nature. The patient was in her eighteenth year when she came to the establishment under the following symptoms: she has a sensation of weakness and sinking about the region of the stomach, faints frequently, and turns at the same time pale and cold, but feels her heart beat rapidly, and as if all her strength were about to leave her. Recovering in a moment or two, she looks and feels as if nothing had passed. Her digestion is so weak, that she has to be very careful in her diet, as sometimes even the most digestible food will bring on a fit of indigestion. She has a good appetite, however, nay, sometimes a real hunger. Her bowels are rather bound. Menses regular. One hand paralytic. The epileptic fits come on unexpectedly, and without any premonitory symptoms, but exhibit all the distinctive features of this disease described on former occasions. They last about two minutes, and on recovering, the patient feels weak and languid, full and heavy in the head, and so depressed as to cry.

The lady continued the treatment for six months or thereabout, with much resolution. She was indeed very much benefited, but not cured. Her fainting turns were less frequent, and her epileptic fits less violent when she left. She was also able to use her hand to some extent, surprising us once with threading a needle. Her general health improved in the same ratio, and there is every reason to expect flattering results from a renewal of the water-treatment.

Case 5.—Miss ——, 20 years of age.

Has had epileptic fits from her seventh year. In the first year, she had only four fits, but in the second year, eight, and in the third year, twelve, increasing gradually so rapidly as to become one fit every third day, at the time she was admitted into the establishment. She has no premonitory symptoms at all. After a few minutes she recovers, sometimes with a sensation of weakness and lassitude, and at other times perfectly strong. Her disease seems to be caused by the suppression of a cutaneous eruption on the scalp, by allopathic remedies. A second eruption,—a kind of erysipelas,—was also suppressed by injudicious remedies. The lady suffers dreadfully from headache, owing to a determination of the blood to the head. Her memory is much affected, and her intellectual faculties reduced to nothing. Monthly courses always regular.

The lady was three months under our care, but did not improve. Such a period, however,

is much too short for a deeply rooted disease. By a longer course of treatment, the water might probably have brought out the suppressed eruption again, and in that case the patient might have recovered or been benefited, but it would have required, I should think, a year at least.

CATALEPSIS.

(*Catalepsy.*)

Mrs. ——, 52 years, blue eyes, brown hair, and strong constitution.

Has for several years had cataleptic attacks at the least excitement, sudden joy or fright. They are instantaneous; her limbs are contracted; she loses the power of speaking, but hears and sees all that is going on about her. The temperature of her skin is unequal; the countenance being warmer; the extremities, on the contrary, colder. She recovers amid violent palpitations of the heart, with a great headache, lameness of arms and feet, and a melancholy disposition, that makes her cry, by which, however, she receives entire relief. The patient feels often a numbness in the limbs and a cramp in the calves. She complains also of great sensibility in the crown of the head, experiencing there an increase of heat and a constant pain, extending to the back of the head.

From the time the patient commenced the water-treatment, she had not a single attack. Her general health improved so much by half and full baths, douching and running sitz-baths, that she returned to her family perfectly restored.

HYPOCHONDRIASIS.

(*Hypochondry.*)

Case 1.—Mr. ——, 39 years old, tall, strong, and healthy looking, black hair and eyes, and pale yellow skin.

The patient feels so sad and desponding, that he is not able to do any labor, mentally or bodily. He is fearful, restless, easily provoked, suspicious of every body, speaks but little, and spends all his time in melancholy meditations on himself. He likes to read medical works in order to find and point out to himself the character and state of his disease. The beauties of nature are hidden to him; all he cares for is his own self. He complains of great lassitude and weakness, being exhausted at any exertion whatsoever. His pulse is irregular, slow and feeble. His respiration almost amounts to dyspnoea. Digestion is slow. Alternately he is subject to a craving hunger or loss of appetite. His taste is often insipid, and his tongue slimy. His abdomen is considerably distended, and he has a feeling there of oppression, weight and tension. Inclined to constipation. The skin is dry and

cold. In the morning the patient has often a fever, with profuse sour sweats, which prostrate him completely. His general feeling seems to be morbid throughout; he complains of heaviness of head, pains in different parts of his body, a constant ringing in the ears, and sudden heat in the body, alternating with chills; often these are followed by considerable heat and colliquative perspiration.

These symptoms were partly the results of observation for several weeks; we tried to overcome them by ablutions, half and full baths at 70 deg., and occasional dripping-baths. The wet sheet, cold baths and the douche, the patient could not bear at all, as they increased his nervous irritability. Baths at 70 deg. were of great benefit to him. The patient had to go through a hard crisis, for the abdomen became covered with a perfect erysipelatous eruption, which continued for several weeks. Later, large boils made their appearance, discharging a great quantity of matter, and no doubt of calomel, which he had been in the habit of taking. After that, he felt considerably better.

Case 2.—Mr. ——, yellow complexion, brown eyes and dark hair.

Complains particularly of bad digestion, and a sensation of tension and pressure in the abdomen, after eating. The gas which then accumulates is very annoying to him, for the inflation causes a swelling under the false ribs, and in the epigastrium, by which the diaphragm is pressed upward, and produces a feeling of anxiety, palpitation of heart, and great heat. He complains also of obstinate constipation, and of his limbs being weak and powerless. His mind is always depressed, his energy gone, and he is wholly absorbed in thinking of himself and his situation.

The patient was 3 months under our care, but did not show any sign of improvement. He had the same dislike to bathing as to everything else.

Treatment prescribed: packing in a wet sheet until transpiration, and twice a week until profuse perspiration, half and sitz-baths at 70, down to 65 deg., wet bandages over the abdomen, and injections.

Case 3.—Mr. ——, 53 years old, spare, and of yellow complexion.

The patient has been affected with dyspepsia for a long time, and evinces an extraordinary degree of melancholy, suspicion, seclusion, and almost insufferable humor. Because his digestive power is deranged, and the mucous membrane of the organs of respi-

ration, affected catarrhally, he considers himself dangerously sick and past recovery, nay, on the point of death. Hence he moves slowly about, meditating on himself and his many ailings, such as dull pain in the right side; cold extremities; weakness and trembling of limbs; copious sweatings; heaviness of head, ringing in the ears, and a cough, which, however, seems to be of a nervous nature.

The patient remained in the establishment about six months, in which time he improved very much. His digestion was fully restored, the difficulty of breathing, as well as the irritable temper, disappeared, and the general health was, in fact, greatly benefited.

In this case, the wet sheet and subsequent half-bath at 70 down to 60 deg., proved very efficacious. Dripping sheets, sitz-baths, and bandages over the chest and abdomen, did the rest.

Case 4.—Mr. ——, 29 years old, tall, yellow complexion, blue eyes and light hair.

The patient is cast down, without energy, and absorbed in the contemplation of his disease. He complains of great distention of the abdomen, particularly in the epigastrium, causing great uneasiness, belching of winds, much anxiety and sudden heat. He has a remarkable appetite, which he dares not satisfy, because he digests badly, and has to suffer afterwards from unremitting evolutions of gas. At the same time he is very costive, and says that his bowels are always sore. He complains also of a peculiar sore sensation in his groins, and of considerable aching in the lower part of the back. Hands and feet are cold; the head is full and heavy, especially in the frontal part over the eyes. He feels very weak in his body. This combination of symptoms of different diseases, which point to torpor of the liver and bowels, and to stagnations of the haemorrhoidal veins, constitute the basis of his sickness.

Symptoms which were so liable to frequent changes, made a corresponding change of treatment necessary. Packings in a wet sheet—two or three times a week—half and sitz-baths at 70 deg.; wet bandage over the abdomen during the day and night; foot-baths at 70 deg., and sometimes application of the douche, had a decidedly beneficial effect upon the patient. Several weeks after he had left the establishment, we received a note from him with the information, that five boils had made their appearance, namely: two just over the region of the liver; two on the left side a little lower, and one on the hip. The piles had also appeared. The patient still continues the

treatment at home under advice, and we are in hopes of his being ultimately restored to perfect health.

VERTIGO.

(*Dizziness.*)

Mr. ——, 43 years old, with a dry, yellow skin, dark eyes, and hair mixed with gray.

For several years the patient has been afflicted with poor digestion, constipation, and relaxation in the system of the intestinal canal. In consequence of the obstructions to the circulation of the blood in the abdomen, he is subject to a determination of blood to the head, causing him frequently a dizziness.

The patient was entirely cured; packings in a wet sheet until warm, with a subsequent half-bath at 72 deg., reduced every time a little till it reached 60 deg., sitz-baths of the same temperature for twenty minutes; foot-baths at sixty-five deg. for fifteen minutes; wet bandage over the abdomen; drinking from eight to ten tumblers of fresh spring water daily, and cold injections, were the means which effected the cure of this long-standing case.

HYSTERIA.

(*Hysterics.*)

Case 1.—Miss ——, oblong face, blue eyes, and black hair.

During the residence of this patient, we found her very changeable in her humor, passing half of her days in a most melancholy state of mind. She had frequently violent headaches, which, however, did not last long; and aches in the back, associated with a sensation of formication and pains in the extremities. The pulse low and slow. Menstruation profuse. Digestion good. Stools regular. Nervous palpitations of the heart, and a feeling of great anxiety in the region of that organ. She was weak, languid, and too inert to do any thing with energy.

Although the patient spent but six or eight weeks at the establishment, she was very much benefited, the depression of spirits, and her nervous sensibility, being both removed; at the same time her bodily strength increased daily. The success was owing to cold half and sitz-baths, packings in a wet sheet, &c.

Case 2.—Mrs. ——, 33 years of age.

Having suffered from a great many diseases, the lady appeared quite weak, when admitted. Her mind is subject to many changes, being sometimes unduly dejected, and at other times quite excited. She says she feels as if a ball were ascending from the stomach to the throat, threatening suffocation. Her heart beats rapidly, her head aches just over the eyes, and

there is also a sensation of fulness and heaviness there. Her liver seems to be in a torpid state, from the faces being gray and without sign of bilious secretion. She is much constipated, and, what is often found in Hysteria, quite flatulent. At the time of menstruation the nervous system is unusually impressible. She has, besides, convulsions of a very violent character, commencing with laughing and crying, till giving a loud scream her muscles are twisted in all directions, the limbs moved forcibly, and the hands clenched so hard as to resist every attempt to straighten the fingers. During the whole paroxysm, which lasts only a few moments, the patient is perfectly conscious. Recovering from her attack, she commences crying, and thus goes to sleep. On awakening she feels very weak. Her circulation is slow and irregular. Feet constantly cold.

On account of being so feeble, the lady could take exercise but for a short time, and having a dry skin, her power of reaction was indifferent. Few baths, therefore, could be administered to her, but they improved her strength very much.

*LARYNGOPATHIA HYSTERICA.

(Hysteric Aphony.)

Miss ——, long countenance, small nose, ruddy cheeks, brown eyes, and black hair.

The patient is afflicted with a general debility of the organism. Her nervous system, especially, is subject to impressibility; the least mental excitement causes a sudden hoarseness and perfect aphony. She remains in this state till she is quite composed, when she will talk again as usual. She complains of pressure in the forehead and above the eyes, heaviness of the lids, and relaxation of the muscular system. Circulation poor. Natural heat very unevenly distributed; hands and feet cold.

By the use of half, sitz and foot baths at 72 deg., according to prevailing symptoms, the patient gained so much as to leave the establishment considerably benefited.

TREMOR.

Mr. ——, 32 years of age, ruddy complexion, blue eyes and light hair.

The patient complains of involuntary contractions of the voluntary muscles in different parts of his body. It is a peculiar trembling, which seems to originate in the region of the heart, and thence shoots like an electric shock, to the limbs, where it is more like a convulsive twitching of the muscles, and from the limbs to the back up to the shoulder-blades. Sometimes the twitching in his face is quite marked. Abuse of tobacco and opium seems to have brought on the disease. The patient is very melancholy, and frequently so irritable that we

have no doubt that his paroxysms receive new fuel by his constant mental agitation, and his irritability. Otherwise he appears to enjoy good health, as all functions of his organism are normal.

The patient remained but ten weeks, although he improved much, and might have been entirely cured, if he had continued the treatment longer. The disease was of several years' standing, and consequently too deeply rooted to be so easily eradicated.

Besides packings in a wet sheet, with subsequent half-baths at 70 deg. to 60 deg., or a plunge, dripping sheets, wave-baths, and falling douches, were prescribed in the case.

PARALYSIS FACIALIS.

(Paralysis of the Nerves of the Face.)

Case 1.—Mr. ——, 50 years of age, strong and corpulent, blue eyes and gray hair.

From having been affected, for many years, with debility of the nervous system, the right side of the patient has become paralyzed—(Hemiplegia). The right eye is weak and lustreless; the lids can hardly be shut, and the muscles of the lips draw slantingly downwards, giving a look of distortion to the features. Along the diseased side the patient feels a numbness and peculiar coldness. He complains also of frequent headache, with pressure and heaviness over the eyes, and of frequent nervous palpitations of the heart. Otherwise all functions are normal.

The patient was restored to perfect health by means of packing the whole face in wet linen; douching the affected side; taking cold half-baths or a plunge, and sometimes a whole pack in a wet sheet, with subsequent shower-douche.

Case 2.—Mrs. ——, 61 years old, yellow complexion and gray eyes, with dilated pupils.

The right eyelid of the patient is paralyzed, and cannot be shut; the apple of the eye, therefore, is turned in and upward, and the eye itself lies more than commonly forward. Half of the forehead, namely, on the diseased side, is smooth and without wrinkles, but the other part of the face on the same side appears relaxed and sunken, giving to the face a distorted look. Except a nervous drawing in the legs and arms, and upwards, along the vertebral column to the head, the lady apparently enjoys good health. She remained with us between six and eight weeks, but was not benefited at all.

PARALYSIS.

Case 1.—Mr. ——, 29 years of age, tall and spare, brown hair and eyes.

In the war with Mexico, 1847, the patient was hit by a chance shot in the back part of

the head, which affected the skull more or less, causing irritability and inflammation of the dura mater. Two years later, a heavy branch of a tree fell upon him, two and a half months after which accident he found himself paralyzed. He improved so far, as to be able to move one finger, but still the hands remained weak and crippled. To extend the right hand was quite impossible, although he could use the fingers in writing. The left hand can be extended farther, but has not much strength. On the right side of the abdomen, he has a dull feeling, extending to the inner surface of the thigh down to the foot. The left foot has lost some of its former strength; if he wishes to rise, there is a stiffness, sometimes even a total want of power in the muscles. The patient has taken much calomel, but without salivation. Appetite good. Digestion healthy, but rather costive. The patient was restored to perfect health; he had control of his arms and hands again, and his feet became so strong, that he was able to re-enter the army, as captain.

Treatment, according to symptoms: Packings in wet sheet, half-baths at 72 degrees, gradually reduced until at 60 degrees, plunges, falling-douches, shower-douches, wave-baths, injections of a tumbler of water at 70 degrees, alternated with one at 60 degrees, foot-baths 65 degrees for ten minutes in the evening, &c.

Case 2.—Mr. ——, 55 years old, ruddy face, blue eyes, gray hair, small of size, but of pretty good constitution.

A year ago he had an attack of paralysis in both feet, connected with great weakness of the lower part of the back. Previously, the neck had become stiff, and he felt pains in the region of the atlas, when bending. His limbs are always relaxed and cold. He is able to walk a little, but his knees are stiff, and the right foot worst of all. His appetite is good, but digestion bad. Has no thirst either in the day or night. Abdomen very flatulent, and he often belches wind. It takes him a long time, and requires great effort, to urinate. He has been impotent, too, for some years.

We regret that the patient could not remain longer than he did under our care, but was called away by important business. In the four months of his sojourn, he was very much benefited; the functions of the abdominal organs were restored, and the difficulty of urinating removed.

His hydropathic treatment was as follows: In the morning, packings in a wet sheet until warm, then plunge two minutes. Forenoon, sitz-baths 60 degrees for ten minutes, or running sitz-baths. Shower douches, alternately with falling douches. In the afternoon, plunge

again; in the evening, foot-baths at 60 degrees for ten minutes. Injections at 70 degrees, alternately at 60 degrees. Wet bandage over the abdomen.

HEMIPLEGIA.

(*Paralysis on one Side.*)

Case 1.—Mr. ——, 27 years of age, stout and muscular, long neck, ruddy complexion, and blue eyes.

Had been five years in Mexico, exposed to great hardships and frequent campings in the open air. In the month of June, 1850, his right side was struck by apoplexy, laming his arm and foot as well as the tongue. He had almost lost his memory, and his mind was insensible to all external appearances. Formerly, the patient had been quite healthy, with the exception of a little rheumatism caused by exposure to the cold night air. The functions of all other organs have always been regular.

The patient was here almost a year, and improved so far as to be able to walk about, though somewhat slovenly with the right foot; he was enabled also to move his right arm with more and more strength, and his speech and memory gradually returned. If unable to pronounce a word, he would spell it.

General treatment, changed at different times: packings in a wet sheet; half-baths at 72 degrees down to 60 degrees, or plunges for 3 minutes; rubbings with the hair mittens; dripping sheets, shower and falling douches on the right side; foot-baths at 65 degrees for ten minutes, twice a day, and once in the evening, etc.

Case 2.—Mr. ——, 27 years of age, fleshy, ruddy complexion, blue eyes and brown hair.

The left foot of the patient has been lame for the last three years; he is able, indeed, to bend it somewhat, but it gives him little support whether standing or walking; in the latter case he must draw it after him. The primary cause may be congestion of the blood to the head, to which the patient is very disposed, particularly in warm weather. Otherwise he is quite well.

Left the establishment very much benefited, being able to walk a good deal better than before, and the congestions to the head being considerably lessened. Next to packings in a wet sheet, he had cold half-baths, foot-baths at 65 degrees for 30 minutes, and douchings of the leg.

PARAPLEGIA.

(*Palsy of the Lower half of the Body.*)

Mr. ——, 30 years of age, pretty stout, fine white complexion, brown eyes and black hair. Recovering from a nervous fever, his allo-

pathic physician injudiciously prescribed a cold bath for the patient, by which the tongue and muscles of the upper extremities were immediately lamed, and somewhat later, the lower extremities also. He got again the power of speech in the course of a year, and was, moreover, enabled to move his arms and hands, with the exception of the little finger on the left hand, which he can bend, but not stretch. The muscles of the lower extremities are contracted to such a degree, that the feet are drawn inwards, and have the form of a club-foot of the first class.

It is remarkable that the limbs diverge from the hips to the knee-joints, but thence converge to the extent of sixteen inches. Inside the right thigh, towards the knee, and deep in the bone, the patient frequently feels a gnawing pain, extending up to the middle of the upper thigh. For the rest he enjoys full health.

The patient was almost six months under our care, but made very slow progress. The only benefit he received was, that the divergence of the limbs was lessened by about two inches. He left the establishment to have a surgical operation performed, of which we do not know the result.

Packings in a wet sheet, half-baths at 70 degrees down to 60 degrees, foot-baths at 65 degrees, falling douche on the affected limbs, and wet bandages on both legs, failed in this case to do much good.

Case 2.—Mr. ——, 24 years old, good-looking, blue eyes and light hair.

By the unfortunate fall of a plane, by which his vertebral column was wounded, the patient was all at once lamed. There is an incision made on the sixth and seventh vertebræ, reaching almost to the spinal marrow, and keeping it in a state of constant inflammation. On account of this mechanical irritation of the spinal marrow, the lower extremities are lamed so that the patient can neither stand nor walk. He is able to bend his limbs, but he has no feeling in them, and they afford him no support. Otherwise the patient is very well and cheerful.

He did not remain more than three months here, and was much benefited, although he did not regain his health. Cold half and sitz-baths, pourings of cold water over the vertebral column, and falling douche had a favorable effect upon him.

DISEASES OF THE SPINAL MARROW.

TABES DORSALIS.

(*Decline of the Spinal Marrow.*)

Case 1.—Mr. ——, 45 years of age, much emaciated, timid and lustreless eyes, grayish complexion and light hair.

For ten years the patient has had a giddy

sensation in his head, that frequently ends in a total vertigo. He speaks with difficulty, and is hard to be understood, because his tongue refuses obedience. He is, in a considerable degree, deaf too. He is not sure of his feet, for his walk is very unsteady, and with the limbs drawn inwards; he can hardly get along by means of two canes. He is perfectly impotent. Along the vertebral column is a feeling of coldness and drawing, and sometimes as if some warm fluid were flowing down. The lower extremities, the muscles of the loins, and of the back are emaciated; his feet are always cold, and often he has gnawing pains in the knees. The stool is rather bound. Memory and judgment are very weak, and his temper always melancholic.

The patient was but four weeks under our care, during which time we could do no more than give him, two or three times a day, an ablution with water at 70 degrees, and thorough friction afterwards. The patient was cold all day, and even with those mild baths and great frictions, he could not get warm. He left the establishment, therefore; if he had persevered, the activity of the skin, no doubt, would have returned, and made him able to undergo a full treatment.

Case 2.—Mr. ——, 40 years of age, tall and spare, of ruddy complexion, eyes deep in their sockets, and brown hair.

In his earlier days the patient has been affected with several diseases, which have injured his health very much. The first cause of his present sickness may be ascribed to involuntary emissions at night. All muscular power of the lower extremities is gone, and although he can move them, they do not afford him support. The limbs are insensible from the heels up to the hips; they move involuntarily, like in St. Vitus' dance, and the patient has often neuralgic pains in them, at different places. These pains are of a short and tearing nature, attacking also the upper extremities. Previous to a thunder storm, all these symptoms appear aggravated. Moreover, he is affected with some disease of the bladder, as before and after urinating he has the sensation of a violent burning and pressure. Oppressive pains are also connected with his evacuations.

We regret that the patient did not remain under our care more than ten weeks, although he felt daily better, and was enabled to walk with the assistance of a person on each side of him. He suffered very much whenever he had neuralgic pains, as he had been accustomed to take laudanum in such cases, which we could not allow. Dripping sheets and full baths at 65 deg., with much rubbing, ameliorated his

pains, but did not give him entire relief. Washings of the genitals with cold water; cold sitz-baths for two to three minutes; cold injections, half-baths, with pourings of cold water over the back, and later the douche, were of considerable benefit to the patient.

NEURALGIA SPINALIS.

(*Spinal Irritation.*)

Case 1.—Mrs. ——, 29 years of age, pale, blue eyes and light hair.

The patient complains of pain and a disagreeable sensation along the back, and that by pressing the vertebral column, the pain increases. This sense of pain is greatest at the 6th and 7th vertebrae of the back, where there is a great heat. She is apt to incline forward, and feels as if there were a sinking and weakness in the cardiac region. She has always headache with pressure in the forehead, but she has the greatest pain in the supra-orbital region. Motion easily exhausts her, and she feels most easy when in a horizontal position. Menstruation regular and normal. She has often a nervous palpitation of the heart, with complete relaxation and lassitude of the muscles in the lower extremities.

Cold half and sitz-baths, pourings of cold water, and at a later period, the application of the douche, wet bandages along the spine, &c., improved the lady very much, and she left the establishment much benefited.

Case 2.—Mr. ——, 28 years old, yellowish complexion, brown eyes and black hair.

The patient complains of piercing and tearing pains along the vertebral column. There is a great sensibility and weakness in the lumbar vertebra, often extending up to the 5th and 6th vertebrae of the back, and connected with a peculiar disagreeable sensation. At times these pains extend downwards to the thighs and calves, so that the patient is full of uneasiness, and has to keep constantly walking. At other times there is a twitching of the muscles, terminating in perfect tremor. Nervous palpitation of the heart; the irritability of the nerves increases as often as north or east winds prevail. The digestive power is good,

although he is occasionally troubled with pain in the stomach.

The patient was greatly benefited by the use of cold half and sitz-baths, the falling douche, and application of the wet sheet for a short time.

PARALYSIS MEDULLARIS.

(*Palsy of the Spinal Marrow.*)

Mr. ——, 29 years of age, strong and healthy looking, fair hair.

The patient has been sick for two years, and obliged to keep his bed these ten months. At working in the field he had got into a profuse perspiration, which was suppressed by a heavy shower of rain coming on. After a violent chill succeeded spasmodic convulsions in the shoulder-blades and arms; he lost all feeling in the fingers, and they were crippled. Then, a violent prickling over all the body terminated in a total lameness of the lower extremities. The spine is not painful, but between the 6th and 7th vertebrae of the neck the patient sometimes feels an aching pain. The lameness occasioned stoppages in the circulation of the blood between the bowels of the abdomen (diagnostic difference from *tabes dorsalis*), costiveness and distention of the liver. He remained, however, well and strong without losing flesh. (Another important difference from *tabes dorsalis*.)

The patient was about nine months in the establishment, during which time he got so far as to be able, with the aid of two persons, to walk fifty or sixty paces at a time, and to sit in an arm-chair for several hours a day. In spite of our every exertion, the convalescence of the patient went on but slowly. It is to be regretted that circumstances did not allow him to spend twice as long a time here, when a permanent cure might have been accomplished.

We commenced the treatment with ablutions, and gave the patient afterwards half and sitz-baths, reducing gradually the temperature. Later, cold pourings over the spine, and the falling douche, were applied with great benefit.

PART IV.

OPHTHALMIC AND SURGICAL CASES.

DISEASE OF THE EYE.

Ophthalmia Catarrhalis Chronica.

(Chronic Catarrhal Inflammation of the Eye.)

Mr. ——, 21 years of age, spare, of a reddish yellow complexion, black hair and eyes.

From exposure to a severe east wind, the patient was attacked with a catarrh of the nose, upon which followed a chronic inflammation of the eyes. Notwithstanding a strong antiphlogistic treatment, the evil has continued, and in some respects, become worse. Several spots of a pale red, tinged with yellow, are seen on the eyes, which have lost their lustre. The patient complains of a great itching, and of burning and piercing pains in the margins of the eyelids. During night, a secretion of pale yellow slime issues from the glands, so that in the morning the eye-lids are, as it were, glued together. If he reads or writes ever so little, the eyes fill immediately with tears. They can bear no light, and feel tired; the patient, therefore, prefers to keep them shut. At any change of weather the sensibility increases.

Next to a strict dietetic regimen, excluding all animal food, and the wearing of a green shade over the eyes, we prescribed for the patient full baths, foot-baths, eye-baths, and at a later time the eye-donche. He improved rapidly, but could not remain in the establishment till perfectly cured, on account of some family circumstances.

FISTULA ANI.

Mr. ——, 28 years old, yellow complexion, black eyes and hair, small and narrow chest.

The patient arrived here very debilitated and reduced in constitution, from the effects of several acute maladies. In the course of two years he had undergone haemorrhage from the lungs, the cholera, and a bilious fever; for the last two months he had had the fever and ague, and he was, besides, affected with many dyspeptic symptoms when he was admitted into the establishment.

He was relieved of his fever and ague, in the course of six weeks, by packings in a wet sheet. He had, on the whole, improved very

much by a mild hydropathic treatment, when one day he became aware of the formation of an ulcer, which, as it grew more and more, annoyed him exceedingly in walking or sitting. After three weeks it had reached the size of a fist, and on breaking, discharged a greenish yellow pus, smelling very offensively. On examining the ulcer by means of a probe, it was found to be a blind external fistula, which afterwards had to be operated upon. The operation was performed by dividing the skin, sphincter and bowel at one sweep, with a curved probe-pointed bistoury.

The subsequent treatment consisted in keeping the fistulous track perfectly clean, by injections of cold water, and daily introducing a very small slip of lint. Two half-baths at 70 deg. were besides given, to keep up the waning strength of the patient. A fine granulation took place, and the wound was almost healed, when the patient made up his mind to go to Havana, in order to escape the approaching rigors of our Northern winter.

STRAIN.

Case 1.—Mr. ——, 34 years of age, long face, yellow complexion and dry skin.

Missing a step in going down stairs, the patient has stretched violently the ligamentous parts of the left foot, and ruptured their fibres. Since that time, (ten months ago), he feels frequently a pain rising from the foot upward to the knee and thigh, and can only walk with the assistance of two canes. There was no sign of local inflammation, but at night the affected foot began to swell somewhat. The accident caused a great impressibility on the patient's nervous system. Some dyspeptic symptoms also were observable, the digestive power of the abdominal organs being impaired. On the left testicle was observed a real hydrocele.

Although the patient was persevering and underwent an energetic treatment, his foot improved but little. His abdominal diseases, however, left him, and his general health was restored.

Pail-douches, rain-douches, falling-douches,

and wet bandages were applied to the foot and other parts of the limb. The patient, of course, had full and half-baths, foot and sitz-baths.

Case 2.—Mr. ——, strong and healthy looking, though in the decline of life.

By some misstep, the patient had stretched the ligamentous parts of the metatarsus bones of the left foot so much, as to cause a rupture of said ligaments. When the patient came to this place, the evil had existed about half a year, and had got worse and worse in spite of all remedies applied. Finally, he had recourse to the water-treatment, which proved the only one capable of giving him the relief he wanted.

Foot-baths, pail and falling douches for the affected foot, brought out a critical erysipelas, like inflammation, which terminated in a considerable effusion of matter. From that time, and with the foot still kept at perfect rest, the patient improved very much. Circumstances compelled him to leave the establishment after a sojourn of five weeks, but he has continued the treatment at home under our advice, and we have learned from his letters since, that his foot is now well.

Case 3.—Miss ——, 24 years of age, of healthy appearance, blue eyes and light hair.

The patient had hurt her left knee by jumping; the ligamentous parts of the knees had been overstretched, which caused an inflammation of the knee-joint. In consequence of this accident, and of the remedies used—cupping, leeching, iodine, and mercurial ointments—there remained, when she arrived at the establishment, so great weakness in the knee, that she could only walk with the utmost difficulty, and immediately got fatigued. With exception of the suppression of menses and its consequences, the lady feels otherwise quite well.

She was perfectly cured in the course of a three months' treatment, and became able to walk six or seven miles a day, with ease. Her regular monthly courses were also re-established.

Treatment.—Packings in a wet sheet, cold half and sitz-baths, plunge, pail and falling douches on the knee, &c.

DR. EDWARD FELLERER,
*Resident Physician of the Orange Mountain
Water-Cure, South Orange, N. J.*



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REPORT

OF TWO HUNDRED AND FOUR

INTERESTING CASES,

SELECTED FROM AMONG THOSE TREATED

BY

DOCTOR E. FELLERER,

RESIDENT PHYSICIAN OF THE

ORANGE MOUNTAIN HYDROPATHIC INSTITUTION,

SOUTH ORANGE, NEW JERSEY.

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PRINTED FOR THE AUTHOR.

1853.

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ORANGE MOUNTAIN WATER-CURE INSTITUTION.

THIS establishment, founded in 1849, is situated near the village of South Orange, Essex County, New Jersey, five miles from Newark, and fourteen miles from the city of New York, on the line of the Morris and Essex Railway, by which passengers are landed at the Station House of the establishment, a few minutes' walk from the door.

The location is upon the south-eastern slope of the Orange Mountain, commanding a view of one of the loveliest valleys, and two of the prettiest villages in Eastern New Jersey. On the east and north-west it is sheltered by mountains from the sea-air and colder winter winds.

All the requisites for such an establishment are here found, viz.: pure mountain spring water, beautiful and retired walks through the woods and upon the mountains for several miles in extent, and shielded from the winds in winter and the sun in summer; springs and streams along the various paths, and picturesque scenery.

In the ravine, immediately in the rear of the Institution, flows a beautiful brook. Upon the margin of this stream, which descends in a rapid succession of cascades, are the out-door baths, a great variety of which have been provided. Among these are found the rising and falling douche, the running and rising sitz-baths, the running foot-bath, the plunge and wave baths.

From many points in the walks where the prospect is not intercepted by woods, an extensive panoramic view is presented of the cities of New York, Brooklyn, and the towns adjoining; East and West Bloomfield, North and South Orange, Newark, Belleville, Elizabethtown, the waters of New York harbor, and Newark Bay, Staten Island, its villages, etc. The drives through a circuit of ten miles are varied and full of interest.

The original building is 40 by 90 feet, three stories, with piazza of the same height extending the full length of the house. To this, during the past winter, two wings, each 31 by 51 feet with piazzas, making in all 250 feet of sheltered promenade, have been added. Besides the large number of new, sweet, and well-ventilated chambers thus obtained, a beautiful dining-hall 30 by 50 feet, and 14 feet ceiling, and a Reading room, and a well arranged lady's Bath-room, have been added.

These increased facilities will enable the Institution hereafter to receive, and *comfortably provide for*, upwards of One Hundred Cure-Guests.

The establishment is admirably adapted for the water-cure practice in winter, (which for many diseases is the most favorable period of the year,) being fitted up in a very superior manner, and provided with abundant supplies of cold and hot water. All the public halls and a large number of chambers are warmed with steam-heat, the most pleasant and healthful form of artificial heat. Ladies who require it need not leave their rooms for treatment, as private baths are attached to a large number of them.

A bowling-alley and billiard-table are attached to the establishment.

The Reading-room is supplied with some of the chief journals of the Union—several New York dailies, a number of the standard American periodicals, the *Courrier des Etats-Unis*, the Illustrated London News, Punch, etc., all of which are received immediately after publication, and regularly filed.

The Institution will furnish saddle-horses, and horses and vehicles, at reasonable rates. For the benefit of invalids whose afflictions compel them to assume a reclining posture when riding, a carriage has been constructed with especial reference to their wants. This can be used to bring patients to the Institution when the usual conveyances cannot be resorted to.

TERMS:

In winter, \$8 and \$10, and \$10, \$11, and \$12 in summer, payable always weekly. Consultation fee, \$5. Persons occupying the whole of a double room, or requiring extra attendance, will be charged accordingly. Board of private servants, \$3 per week. Children always received conditionally.

Patients must provide themselves with four coarse thick linen sheets, two thick blankets, two thick comforters, and six towels; or, when unavoidable, the same may be hired at the Institution for \$1 per week.

Persons coming to the establishment from New York, leave the foot of Cortlandt street at 8 1-2 and 10 o'clock, A.M., and 4 and 6 o'clock, P.M. Upon leaving Newark the Conductor should be notified that he has passengers for the Water-Cure. The time occupied in reaching South Orange from New York is about one hour. Visitors can come from and return to the city several times during the day. Newark is connected with New York by hourly trains.

If the Superintendent is requested, he will send the vehicles of the Institution to meet passengers by the Southern trains at Newark.

All letters should be addressed to C.C. SELLERS AND BROTHER, Proprietors, South Orange, N. Jersey.

